FALL 1983, ISSUE #4

FREE

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COMMON GROUND

BRITISH COLUMBIA'S NEW RESOURCE GUIDE

Arts & Music • Business Services • Children • Clothing & Textiles • Communications • Communities & Co-operatives • Conferences, Festivals & Special Events • Crafts • Education • Energy & the Environment • Food & Restaurants • Global & Social Change • Health, Healing & Bodywork • Movement & Sports • Psychic Arts & Intuitive Sciences • Psychology, Therapy & Counselling • Spiritual Practices • Time Out & Travel • Tools & Wares • Womens' Organizations & Services • For the Traveller • And More . . .

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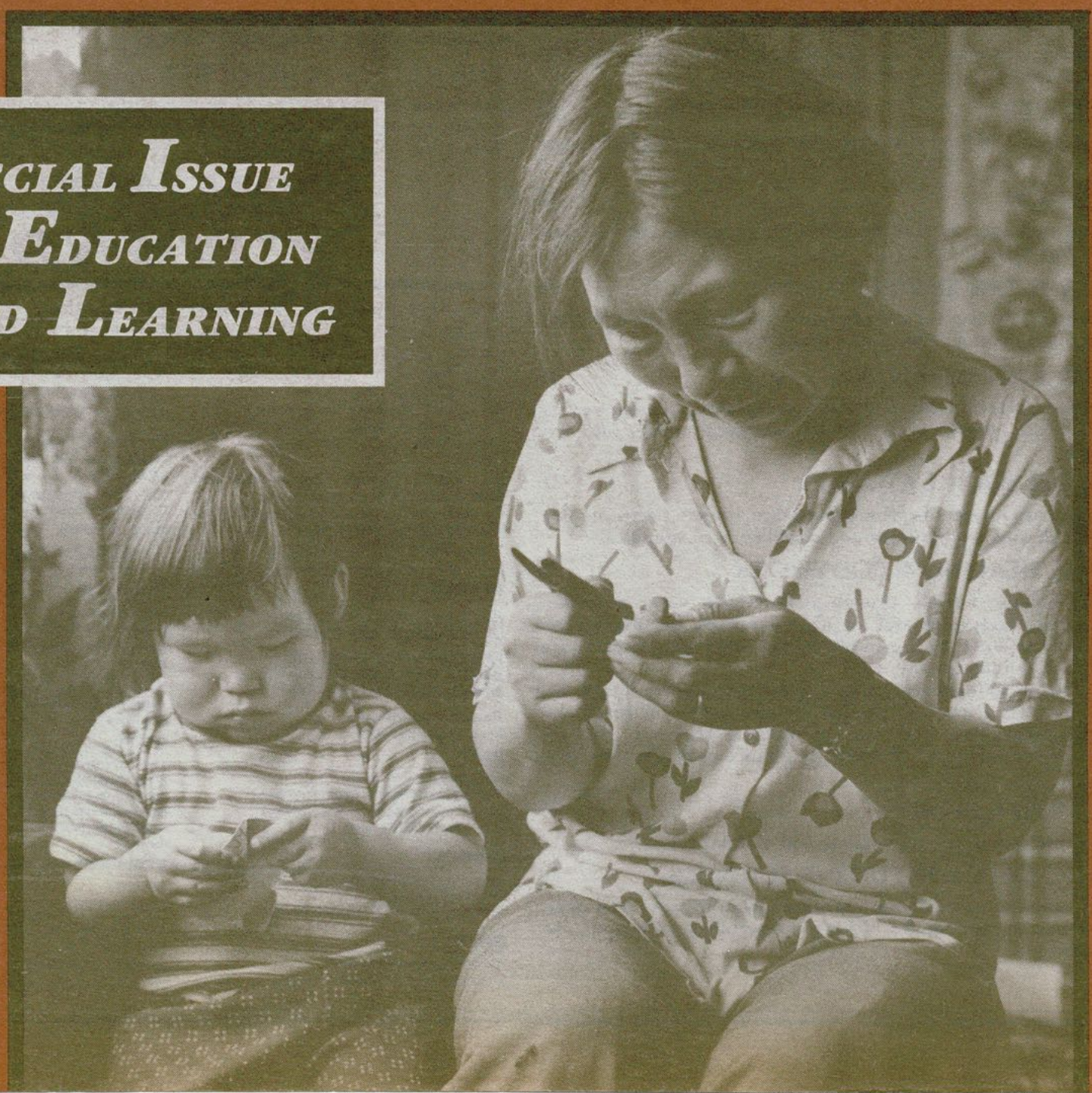

Sabina Anaittug and daughter Sheila polishing caribou antler carvings. 1980.

Photograph by Ulli Steltzer from *INUIT: The North in Transition* (Douglas & McIntyre Ltd.)

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The views expressed by the writers of these articles do not necessarily reflect those of the publishers or the listers.

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733-2215 or 733-4415 (Evenings: 879-3805 and 734-8915)

Publishers: Michael Bertrand, Alana Mascali, Joseph Roberts
Production & Design: Bob Mercer
Camera Work: Uni-Type Services, Inc.
Typesetting: Guru Raj Kaur Khalsa
Printing: Valleyweb Graphics, Ltd.

For Rates, Listing Information and Subscription Form, see back cover
We subscribe to the Community Resource Publishers Association Code:
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Deadline for Winter issue is November 10.
Please note our new mailing address: Box 34090, Station D., Vancouver V6J 4M1. We also have a temporary office at 974 W. Broadway, above "Room to Move", with new phone numbers: 733-2215 and 733-4415.

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IN DEPTH

What is an Educator?

We influence what others learn about life through our words, actions and values.

PATRICIA HOLBORN

What is an educator? For many teachers who bear the brunt of public dissatisfaction with current social and economic circumstances, the role of educator is surrounded by paradox and confusion. While education is increasingly valued as a commodity in the employment market, educators themselves receive dwindling support. Our knowledge base is expanding at an accelerating rate, yet schools are expected to meet a growing array of responsibilities far beyond the transfer of knowledge. Goodlad's *Study of Schooling* found that in the U.S., a majority of parents rated citizenship, personal, or vocational goals as more important than academic goals for education. Nevertheless, "back to basics" rhetoric continues to fuel public discontent with the education system. How does an educator find direction in this confusion of expectations? How does an educator best fulfil a commitment to teaching and learning, when the goals of education are unclear?

One way to approach this problem is to consider the future. Presumably, education should prepare individuals to become competent and effective members of society, both now and in the future. Yet with technological developments, communication networks, increased mobility and the information explosion, specific futures cannot be predicted even within a single generation. No longer can we expect education to provide any individual with knowledge or vocational skills that will remain relevant for a lifetime. No longer can we expect traditional understandings and values to guide our decisions in a complex, multicultural society. What knowledge, skills, attitudes and values are appropriate, then, for an uncertain future?

For me, three themes emerge in response to this question. First, although we cannot predict the specific nature of our futures, it seems certain that rapid change will continue to characterize human experience for some time to come. Therefore, a capacity for life-long learning, flexibility, problem-solving, and continuous growth is essential for individual and societal survival. Second, as communities and cultures become more and more interrelated, as natural resources are depleted and our powers of destruction increase, we can no longer afford to pursue self-interest without

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Photograph by Ulli Steltzer (from the same series as cover photograph) Sabina Anaittuq & daughter Sheila

New Budget

Education Heading Toward 1984

Excerpts from an address by Larry Kuehn, President, B.C. Teachers' Federation to the opening plenary session of the 1983 BCTF Summer Conference.

LARRY KUEHN

Our own institution — public education — is in its origins and history another major element of the movement toward social equality. We seldom recall that the idea of free public education for all is only a little more than a century old, and that the universal reality of 12 years of free public education as a basis of entry into adulthood has only been a realized ideal for the last two decades. And it has only been for the last six years that an education for all, including the handicapped, in the public schools has been government policy in B.C.

The New Budget: Who Gets It.

School boards have been gutted of all their power to decide on what programs should be offered — and what level of service should be provided — to meet the needs of the children of their community. And the same powers apply to the colleges, with the deputy minister being able to decide what classes will be offered and which ones cancelled in every college in the province.

This legislation makes Jim Carter, as deputy minister, the dictator of the education system, with full authority to do almost anything he desires to the system, as long as it costs less.

And how is this authority being used? The budget directives that have been released to give direction, not just for this year but for the next three years, set out the reduction of 3,000 teaching positions, in addition to the 1,000 cut last year, through an increase in pupil/teacher ration; they decree what areas of programs are to exist, and effectively eliminate others; and they leave a total of 2 per cent of the budget over which local boards have discretion to carry out programs which currently take much more than that. The total dollar cuts are astounding. The total 1986 budget that has been released is 8 per cent less than the amount of the 1982 budgets adopted by school boards before government-directed cuts started. When one adds in the effects of inflation — even with conservative estimates — the real dollar cut in education budgets between 1982 and 1986 is 25 per cent. In effect school boards are left only with the authority to decide which teachers are going to be fired to meet the cuts ordered.

And the final areas of the individual teacher's professional autonomy are being threatened as well. The government has not been satisfied with taking unto itself the power to decide

Continued Page 35

Two people. *Age 5½*

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KATHLEEN PRYOR

What is day care. . .?

Not just a babysitting service for the working family, but a positive, accepting non-sexist, non-violent atmosphere where children are actively engaged in learning. The teachers take into account each child's needs and plan ways in which they can help the children experience, socialize, and grow. It is important that teachers stress *now* the concepts such as love, honesty, awareness and openmindedness.

One important way children learn these values is through play with peers. (They form many bonds with children they are in constant contact with.)

The teacher helps them to involve all their senses. They participate in odor and taste discrimination. They are blindfolded and feel objects, trying to determine what the objects are through touch and past experiences. They are exposed to many forms of art and music.

They are given opportunities to experiment using scientific exquipment. They learn about the life cycles of plants and animals. They investigate their environment and learn ways to keep it healthy.

They discuss and act out the habits of people in other countries through dramatic play. They develop small muscle co-ordination through woodworking and manipulation of toys, playdough and puzzles.

Daily, they are planning, observing, concentrating, problem solving, laughing and loving. They are learning to deal with consequences that are outcomes of the effort they have put into living.

Another aspect to be considered is the

Continued Page 35

All childrens drawings from I.C. Child Care (see listing under **Children.***)*

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Dale Genge (BFA, CMA) trained as a voice teacher and movement analyst in New York. She teaches private students and holds public classes at **Room to Move** (beginners and advanced), starting September 1983, and **UBC** starting October, 1983. For information call **738-8466. VANCOUVER,** B.C.

Dale has just returned from a season at Stratford where she served as assistant voice coach.

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ARTS INTEGRATION

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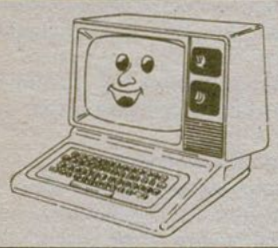

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Corporate and commercial, personal injury and insurance law. Initial consultation free. 1211 Bidwell Street, **VANCOUVER,** B.C. V6G 2K7. **683-8111.**

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We offer a wide range of professional accounting services:

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- Financial Statement Presentation
- Personal Income Tax
- Corporate Income Tax
- Specialized Income Tax
- Tax Planning
- Employee Search and Hiring Consultation
- Client Accounting (Payrolls, Accounts Receivable, Bookkeeping)
- Systems Analysis
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#201-1456 Johnston Road, **WHITE ROCK,** B.C. V4B 3Z5. **536-3766.**

Available one day a week at 530 West Broadway, **VANCOUVER,** B.C. Telephone **536-3766.**

CUSTOM PICTURE FRAMING

Low Cost custom picture framing featuring quality workmanship and friendly service. We carry a wide range of wood and aluminum mouldings to complement your every need.

ASHCAN PICTURE FRAMING, Hamilton St., **VANCOUVER, 688-7969.**

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Architectural: Drawings for City Hall (building, development and change of use permits.) House additions, extensions, decks, garages, floorplans etc.

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Drafting done with good old-fashioned pride. At your premises or mine — long or short-term contracts welcome. Excellent references and sample drawings.

Architectural, mechanical, structural, heating and ventilation, landscape, chart work, graphs and tables.

For rates, please call **987-8554** anytime. **NORTH VANCOUVER.**

FORMALDEHYDE TESTING SERVICE

Our company can provide the following service to those homeowners affected by the urea-formaldehyde problem:

- determination of formaldehyde concentrations in living areas and wall spaces
- identification of foam.

Persons wishing to sell their houses may wish to use this service to reassure potential buyers of the absence of UFFI.

Canadian Microanalytical Service Ltd., 5704 University Blvd., **VANCOUVER,** B.C. **228-8718.**

Gov't Reg. No. SAM 988.

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Complete typesetting and off-set printing at affordable prices. Specializing in flyers.

1595 West 3rd Ave., **VANCOUVER,** B.C. Phone **733-6822** (Open 10:30 - 6:30). Located at the "Gateway to Granville Island". Corner of West 3rd and Fir.

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GHOSTWRITER
I WILL WRITE SO IT SOUNDS LIKE YOU!

The way you express yourself in print is crucial. Let me do it for you. Business, professional, technical, scientific, biographical, personal. Ads, letters, articles, reports, pamphlets, books. Insight, empathy, judgment, discretion, highest professional standards. If how it's said is important to you, then let me focus your energy into the power of vital printed words.

Keith Borden, **986-5817, NORTH VANCOUVER.**

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You are beautiful!

Perceptive and direct

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- Products and Displays
- Environmental
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I have a studio and lab downtown, graphics, rush and afterhours service; reasonable.

Top floor, 505 Hamilton St., **VANCOUVER, 688-7969.**

PHOTOGRAPHY BY KAMI

I will photograph children, family and special events. I specialize in slide presentations and will also help you put one together. I offer educational presentations on cultural aspects of India, Nepal, Bali, New Orleans Jazz Festivals and more. Reasonable rates. **736-0621. VANCOUVER.**

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For your real estate needs, whether buying or selling. I work as a licensed salesperson with Fuller Ellis Realty Ltd., 2035 W. 41st Ave., **VANCOUVER. 874-0345.** (residence), **263-2521** (business). Please call if I can be of service.

RESEARCH & WRITING
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Experienced researcher, writer, administrator, and interviewer. Main experience in social sciences, psychology and social planning, but projects in other areas welcome. Completing M.A. in psychology. Modest rates. **255-8031, VANCOUVER.**

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JERRY PRUSSIN

I specialize in fine adjustments and repairs on flutes, clarinets, saxaphones and oboes.

I also sell new and used instruments, including such makes as Selmer, Armstrong, Artley, Yamaha, Miyazawa and Muramatsu.

I guarantee my repairs and instruments. Call **732-6953, VANCOUVER,** B.C.

CHILDREN

Dance/Theatre CLASSES for Kids

Dance/Theatre explains the natural imagination of kids through physical and vocal expression. The classes focus on non-competitive exploration and each person's unique interpretation of performance.

A range of dance and vocal techniques are used to release and channel energy. Body alignments, strength and a healthy body image are emphasized. Movement concepts and vocabulary are expanded through improvisation and choreography. Artwork, writing and music are also used to further artistic ideas. The classes encourage confidence in movement and a strong sense of the creative self.

Jan MacLean, the developer and instructor of the classes, has choreographed and performed since 1973. She has taught movement therapy, theatre and dance to adults and children.

Classes are offered for kids **ages five to twelve** and are held at Room to Move, 976 W. Broadway, **VANCOUVER.**

For information and registration call: **731-7476.**

DUKE'S PONY EXPRESS

Have Pony, Will Travel. . . for **Birthday Parties** — $40 an hour (usually an hour is sufficient). I bring a pony cart and saddle. The cart has a safety bar in front for added security.

Picnics — $40 an hour. Companies, organizations and groups. Book early!

Pony Pictures — Currently I charge $5 for a colour 4x6 in a matted frame. I'm available for groups such as day cares, schools, etc. I am thinking of even coming to private homes as well.

Special Events — $40 an hour or . . . depending on the activity. (If you know of something happening which you think might be interesting for me to attend — i.e., festivals, community events, etc. — I'd appreciate a call.)

And for the winter time — pony-drawn sleigh rides!

Duke's Pony Express, 3111 Renfrew St., **VANCOUVER,** B.C. V5M 3K9. Phone **433-2957.**

Here at our day care centre we do more than babysit your children. We guide them as they learn to take an active part in living. We give them opportunities to:

paint • play • create • relax • sing • dramatize

and much, much more. The program is designed to have structure integrated with freedom to choose.

We do not have a completely teacher-oriented program — we learn from one another. We try to guide the children into being more inquisitive about everything around them, and in doing this we hope we are *helping to build more active, aware, loving children.*

If you have any questions or would like to share your ideas with us please call **228-0048**. We are located in I.C. Elementary School at 3745 West 28th Ave. **VANCOUVER.** Take care. . .Luisa and Kathleen.

No parent clean-up or duty time.

NOTE: Toys, puzzles or bikes that can be donated to the children would be appreciated. *Thank you.*

CHILDREN'S RAINWEAR

Lightweight coated-nylon — Bright assorted colors. Two color Jackets or Anoraks with hoods. Matching Pants with elasticized waist and cuff.

Jacket or Anoraks	Pants
Size 4-6 $11.50	$7.50
Size 6-8 $12.50	$8.50
Size 10-12 $12.50	$8.50

(Plus 7% Sales Tax)

Check or Money Order to **High Gear,** Box 92, **WHALETOWN,** Cortes Island, B.C. V0P 1Z0.

CHILDREN'S WORKSHOP EXPRESSIVE THERAPY
HEATHER SKERL FRANCIS, M.Ed.
JOHN GOODMAN, B.A.

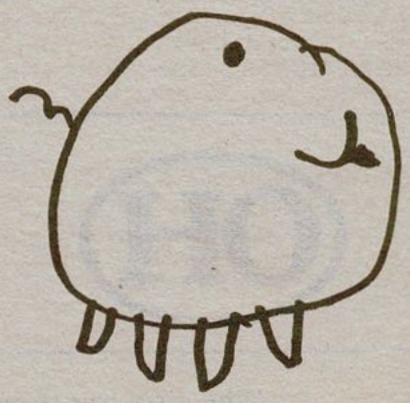
We are giving a series of workshops starting September 24, for children ages 6 to 12. We will journey through a Fairy Tale using dance, drama, drawing and claywork to strengthen our natural abilities through creative movement and art. Coastal Healing Arts.

733-8544.

PERSONALIZED BIRTH PLANS

Make informed decisions on behalf of your baby. I will prepare with you a personalized birth plan detailing the procedures and atmosphere you want for your baby's birth. $25 includes first and final drafts.

Lorne Mallin, 3255 West 5th Ave., **VANCOUVER,** B.C. V6K 1V3. **738-4942.**



Dog with tongue. *Age 5½*

CLOTHING & TEXTILES

4th Avenue CLOTHESLINE
MEN'S AND WOMEN'S NEW & RESALE CLOTHING

Fourth Avenue Clothesline, offers a large, well organized collector of contemporary clothing for men and women.

Much care goes to maintain this revolving supply of new and resale clothing with equal attention given to maintain fair prices.

This store attempts to have lots of *"something for everyone"* to find in an enjoyable atmosphere.

Hours are from 10 a.m. to 9 p.m. daily except Sundays noon to six.

A pick up service can be arranged for consignment clothing.

2954 West 4th Ave. at Bayswater, **733-4414, VANCOUVER.**

COMMUNICATIONS

Banyen Books
2685 WEST BROADWAY,
VANCOUVER, B.C. V6K 2G2
CANADA

BANYEN BOOKS is Canada's largest and most comprehensively stocked bookstore focusing particularly in the fields of psychology, religion, philosophy, esoteric studies, health and healing, the oriental and occult, astrology, yoga, self-help, gardening, diet & nutrition, natural childbirth, parenting & education, martial arts, massage, relationships, consciousness expansion, metaphysics, science & mysticism, success-prosperity, shelter & energy, ecology, etc.

Our peaceful, interdimensional atmosphere is a studious oasis for the seeker of wisdom and new ways of being in the world.

Also available are records and tapes of New Age music, guided meditations, self-hypnosis, etc., art cards, crystals, incense. Plenty of seats welcome leisurely browsing.

Open Monday through Saturday from 9:30 a.m. to 9 p.m., and from 12-7 p.m. Sunday.

BANYEN BOOKS, 2685 West Broadway, **VANCOUVER**, B.C. V6K 2G2, **732-7912.**

CO-OP RADIO
102.7 FM
CFRO

Vancouver Co-operative Radio (CFRO) is English-speaking Canada's *only* listener-sponsored, non-commercial radio station.

Co-op Radio listeners can hear programming found nowhere else on the dial. We provide an alternative to commercial radio, with programming almost entirely produced by volunteers.

We are now broadcasting from a new transmitter location on Mt. Seymour, with increased power and improved signal.

If you've never been able to receive Co-op Radio before, try us out! Tune us in for the best in music, drama, public affairs, ethnic, gay and women's programming plus much much more!

You can become a member of Co-op Radio. Call **684-8494** or write to **Co-Op Radio, 337 Carrall St., VANCOUVER,** B.C. V6B 2J4.

A WHOLE NEW WORLD OF MUSIC
HIGHLIFE
RECORDS & MUSIC

Welcome to Vancouver's multi-cultural record and music store.

We feature North American, Caribbean, **African**, South American, Oriental and other recordings. Categories include **reggae**, folk, rock, blues, jazz, women's, bluegrass, "new music", zydeco, western swing and children's. Our selection ranges from traditional music to contemporary pop to "avant-garde", and includes both new and used records (trades are welcome). We sell imports at below-average prices and accept special orders and suggestions.

Cassettes (blank and pre-recorded) and music magazines are also available.

Acoustics and electric **instruments** are sold on consignment. Music accessories are sold as well.

We're open **Tuesday to Saturday.** Hours are 11-6 Tuesday - Thursday, 11-7 Friday, and 10-6 Saturday.

1317 Commercial Dr. (at Charles, 4 blocks north of 1st Ave.), **VANCOUVER,** B.C. **251-6964.**

INSTITUTE of COMMUNICATION ARTS

I.C.A. Institute of Communication Arts was created in 1979 to fulfill an evident need for specialized training for individuals seeking a career in the ever-challenging communications industry. The basic skills **I.C.A.** provides are for entry level positions in the many careers of the complex entertainment business.

I.C.A.'s basic instructional objectives are to provide courses with minimal in-class theory and maximum practical instruction. In order for the students to get the best possible grounding in the many specialized fields of the entertainment media, **I.C.A.** has brought together active professionals in the local music and entertainment industries.

I.C.A.'s one year **Modern Communications Media** program provides in-depth training for engineers and producers in the **Recording** and **Television** fields.

Courses offered are:
- Audio engineering
- Sound reinforcement
- Video production
- Audio production
- Systems and sound
- Syntech (Electronic music)
- Songwriting and selling
- Entertainment business
- Effective communications
- Wordsmith (Journalism)
- Music theory for the performer
- Music arranging for the studio -
Writing for radio, T.V. and film
- The guitar player's guitar course

Full and Part-time studies available. Student financing available.

For information call: I.C.A. Institute of Communication Arts, 2nd Floor, 1730 Burrard Street, **VANCOUVER**, B.C. V6J 3G7, (604) **734-5474.**

I.C.A. Institute of Communication Arts Association is a registered B.C. Tradeschool, and a member of the Private Career Training Association of B.C.

OH

OH appears to be a game, for there are two decks of cards. One deck has 88 full-color pictures, the other 88 word cards. On closer inspection you will find that OH is a beautiful communication enhancer that enables you to be with people in a new way. . . a richness in the exchange of ideas and feelings quickly develops during the OH process. A few simple rules enliven and protect the personal quality of the interaction.

Great with kids.

OH can be purchased by mail through **Julie** at Eos Enterprises Inc., Box 3655, **VANCOUVER**, B.C. V6B 3Y8, for $35 plus 6% sales tax. (OH is also available at Banyen Books in Vancouver, Prairie Sky in Winnipeg, and Edwards Books and Art in Toronto.)

You may want to taste OH before you indulge yourself in a full set: send for *A Taste of OH* at $2.

With every true friendship we build more firmly the foundations on which the peace of the world rests.
— Mahatma Gandhi

COMMUNICATIONS

National Film Board of Canada Office national du film du Canada

The National Film Board provides the mainstay of Canadian audio-visual material for educational institutions at all levels in this country. Our largest market, both in sales and loan, is the school.

As well, we work with educational television networks to bring our material to you. Beginning on September 12, 1983, *Knowledge Network* will feature N.F.B. specials every Monday evening at 10 p.m. Check your local listings for details.

In response to new technologies and to public demand, our libraries will offer videocassette rentals, in addition to our 16mm free loan system, this fall. Contact your nearest N.F.B. office for further information on these programmes and more!

The National Film Board of Canada. . .your best sourse of 100% Canadian audiovisual material.

In British Columbia: 1161 West George St., **VANCOUVER,** B.C. V6E 3G4 (604) **666-1716.**

811 Wharf St. **VICTORIA,** B.C. V8W 1T2 (604) **388-3868.**

545 Quebec St., **PRINCE GEORGE,** B.C. V2L 1W6, (604) **564-5657.**

or consult the Blue Pages of your telephone directory.

Phoenix Metaphysical Books

Phoenix Metaphysical Books offers a complete line of spiritual, metaphysical and occult books from Eastern and Western religions, meditation, yoga, consciousness-expansion and awareness to astrology, numerology, the tarot, reincarnation, psychic development, the aura, astral projection, etc., etc., and magic, Wicca, the Qabalah and alchemy. We also conduct frequent seminars, classes, workshops and lectures on these subjects and have available a complete mail-order catalogue.

To be on our mailing list, just give us a call or drop a note in the mail. Our hours are 9:30 to 5:30 Monday through Saturday and Thursday and Friday evenings til 9:00. We're located only 20 minutes from downtown Vancouver, four blocks off Highway 1 at the 152nd Street exit (or catch a 330 Ferguson bus on Hastings Street). 10202-152nd St., **SURREY,** B.C. V3R 6N7 **(604) 584-7684.**

RIDGE ★★ THEATRE ★★

The Ridge Theatre is the place to go and see a movie. We've got the best in cinema; we show old Hollywood classics, foreign art films and specialized favourites. You name it! We've got it! There are lots of things that make the Ridge special. For instance, our **Dolby Stereo** Sound system, crying room for parents with kids and you must admit, that we do make good popcorn. So come on and see what makes the Ridge THE Ridge. We want your feedback. See you soon!

The following films will be featured this Fall:

- *Say Amen, Somebody,* by George T. Nierenberg. **Sept. 9-15.**
- *A Flight of Rainbows,* by Ate de Jong. **Sept. 16-22.**
- *The Draughtman's Contract* by Peter Greenaway. **Sept. 23 - Oct. 6.**

(There will be two showings nightly, 7:30 and 9:30, for all the above films.)

Coming soon: *Heart Like a Wheel — La Nuit de Varennes,* by Ettore Scola — *Demon Pond,* by Mashiro Shinoda.

For information: see THE SUN for our daily ad, or phone **738-6311.**

THE RIDGE: 16th & Arbutus, **VANCOUVER.**

STOP WARS
REFUSE THE CRUISE

One nuclear bomb can ruin your whole day.

NO CRUISE

Nuclear Arms May They Rust in Peace

BUMPERSTICKERS: a great way to drive your message home. Quality silk-screened on all-weather vinyl so they won't flake or peel off.

Other messages include: One Nuclear Bomb Can Ruin Your Whole Day / No Cruise / Wage Peace / Save the Humans (Whales) / Peace is Disarming / Split Peas - Not Atoms / Refuse the Cruise . . . and many more.

BUTTONS: Bread Not Bombs / Peace / Wearing Buttons is Not Enough / Better Active than Radioactive / Arms are for Hugging / Make Love Not War / etc.

T-SHIRTS:, BASEBALL CAPS, POSTCARDS, and BOOKS also available.

POSTERS: the favorite *Gone With the Wind* billing Ronald Reagan and Maggie Thatcher in "The most explosive love story ever told." Half a dozen others such as "It will be a nice day when cancer research gets all the money they need and a general has to run across Canada on one leg to raise money for a jet fighter."

Use these products as fundraising items for your group or as hot stock items at your store. Call **734-8915.**

Mail order address: TELEGRAPHICS, 2148 Cornwall Ave., **VANCOUVER,** B.C. V6K 1B4.

Probably the widest selection in Canada.

CINEMA: APPRECIATION AND BEYOND
KNOWLEDGE NETWORK, channel 18

For three consecutive Thursdays starting Oct. 20, Knowledge Network will air a series of one-hour programs on the cinema. Topics such as the French New Wave today, the resurgence of Canadian Cinema, and the New American Cinema will receive historical as well as contemporary analyses. All three shows will include live interactive portions so that viewers can participate in discussions.

Showtime: Thursdays, 6 to 7 p.m., Oct. 20, Oct. 27, November 3.

For more information, write: #404-1655 Haro St., **VANCOUVER,** V6G 1G9. Or call: **683-0825.**

PROPRIOCEPTION BOOKS

Mail-order, new/used books, public invited Saturdays 10-6. A cosmology for finding one's own stance. Charles Olson, "archaeologist of morning"; James Hillman (Spring Publications complete); "postmodern" poetry; local scene (all Talonbooks/New Star books).

A free reading list available.

2524 Cypress Street, **VANCOUVER,** V6J 3N2. **732-1497.**

SPARTACUS BOOKS
PROGRESSIVE BOOKSTORE

A politically independent socialist bookstore with books, newspapers, and magazines on feminism, sexuality, nuclear issues, ecology, science, philosophy, film, literature, political theory, economics, labour, Latin America, Canada, Europe, the U.S. and much more.

Upstairs, 311 W. Hastings **VANCOUVER. 688-6138.**

VANCOUVER FILM COUNCIL
NON-PROFIT SOCIETY EST 1947

Economic rentals: 16 mm projectors, films, super 8mm projectors, editors and movie screens. Very reasonable film cleaning, repairing and sprocket replacement service available. Film programming and booking for a low fee.

Many comedies and cartoons available. President: Pearl Williams. Staff: Ed Hutchings and Gordon Wong.

Phone **733-3414** for information and hours. 1605 W. 12th Ave. **VANCOUVER.**

FOR ADDITIONAL BOOKS/TAPES, SEE "THE NATIONAL RESOURCE" SECTION

COMMUNITIES & CO-OPERATIVES

ACCESS HOUSING CO-OPERATIVE

Started by the handicapped to suit their special needs — but like all co-ops, aims for a mixture of all kinds of people.

Located near Broadway & Renfrew, **Access Co-op** offers the advantages of co-op living: run by members who vote on major decisions, low price increase (no profit, maintenance by members), rents fixed at low end of market, shared work/community feeling, security of tenure.

1 bedroom — $440/mo.
2 bedroom - $510/mo.
3 bedroom - $585/mo.
4 bedroom - $660/mo.

New building, open in November.

Call: B.I.L.D. (9:00 am - 5:00 pm), **681-3193,** Florita, **255-7964,** Albert or Janine, **255-5877,** Marita **520-1878. VANCOUVER.**

Learn to cooperate with all, and not let differences in creed or political opinions stand in the way of solidarity.

COMMUNITIES & CO-OPERATIVES

The Salt Spring Centre

Situated on 69 acres of meadow and woodland near Blackburn Lake, the SALTSPRING CENTRE sponsors regular workshops in health management, contemporary performing arts and systems of applied philosophy/religion. In addition, the Centre offers personal work/study retreats or full guest programs (rates are variable), and is also available for rental.

FALL WORKSHOPS:

Sept. 30 - October 2: ACTING FOR FILM AND T.V., with Director Michael Berry.

For beginners, or those with limited experience, this course is designed to provide the actor with a better understanding of: Audition technique • studio and location procedures • television & film terminology • acting technique • voice and movement • commercial requirements.

Class size is limited to 12 persons. Minimum age: 13 years. Cost: $165.00.

Oct. 21-23: GOING DEEPER

Learn to put aside the pressure and concerns of everyday life to experience the peace of a stilled mind. During this weekend workshop we will learn methods to calm the mind and strengthen it to effectively face the stresses of life. Cost: $85.

Oct. 29: EAST INDIAN MUSIC, with Anande Paranjpe, Ph.D., Prof. of Psychology, S.F.U.

A one-day workshop investigating the intimate relationship between Indian music and the Indian devotional temperament and aspirations. Evening concert to be arranged.

Nov. 11-13: SHLOMO CARLEBACH — Roots of Judaism.

In this weekend workshop Shlomo alternates song and story, through a compelling blend of joy, humour, irony and deep spiritual teaching. Cost: $90.

Information: **874-3997 VANCOUVER; 537-2326, SALTSPRING.**

FINDHORN COMMUNITY

Findhorn, the intentional spiritual community in Northern Scotland, is coming of age. It has agreed to buy the Caravan Park, its original home for over 20 years, by November 17, 1983.

This next step will allow the community to build a truly Planetary Village based on spiritual and ecological values, to move towards the vision of a new society which relates to people, the environment and global needs with love, understanding and a sense of wholeness.

For more information about this exciting development, and a brochure detailing the plans and outlining how you can help, please contact one of the Vancouver Friends of Findhorn:

Ricki and Michael Bertrand, **879-3805;** Paula Ford, **263-7656;** Margaret Kruger, **688-5880; VANCOUVER;** Jane Kane, **(112) 826-7143, MISSION.**

COMMUNAL HOUSING CO-OP

A COMMUNIAL HOUSING CO-OPERATIVE is being built in Kitsilano. We're working towards shared resources, non-sexist attitudes, and co-operation. We make our decisions by consensus and are committed to social change.

Carol **255-7138,** Heather **734-0222,** write C.A.S.T., 1937 W. 2nd, **VANCOUVER,** V6J 1J2.

ALDERGROVE COMMUNITY

50-member semi-rural/urban community seeks new members interested in sustainable agriculture for 10-acre farm in Aldergrove. People experienced in farming, small animal management, auto mechanics and/or community living especially welcome.

Contact as soon as possible, Susan **856-2349,** Fritz **738-2823.**

THERAH VILLAGE DEVELOPMENTS LTD.

THE SHAPE OF THINGS TO COME

On 214 acres of majestic forest and fertile valley on Galiano Island, individuals and families of all ages are creating a caring and sharing environment for health, happiness and well-being.

1½ acre homesites and associated memberships available.

Information: (604) **734-7411;** (604) **683-2151.VANCOUVER.**

CONFERENCES, FESTIVALS, SPECIAL EVENTS

A.R.E. (Association for Research & Enlightenment) — EDGAR CAYCE ORGANIZATION presents a Seminar at Unity, 5840 Oak Street, Vancouver, B.C., on **'Discovering Your Soul's Purpose'** with Guest Speaker, Mark Thurston.

Dr. Thurston is known to A.R.E. audiences nationally for his lucid explanations of complex topics, and for his commitment to providing practical, sensible awareness tools for application in daily life.

FRIDAY, OCTOBER 28th — 7:30 p.m. - 10:30 p.m.

SATURDAY, OCTOBER 29th - 9:00 a.m. - 5:00 p.m.

Cost for Adults if tickets purchased at the door is $69; Full-time Students & Senior Citizens $55; Two from same Family $124.

Pre-registered cost is $59 for Adults; $45 for Full-time Students & Senior Citizens; and $100 for Two from the same Family.

Contact Margit Arthur 224-6627 for pre-registration. **VANCOUVER.**

The Canadian Holistic Healing Association is sponsoring a weekend with **GEORGE LEONARD,** creator of Energy Training.

• Friday, **September 30,** 7:30 p.m. - **Rediscovering the Body,** lecture demonstration, UBC, Woodward (I.R.C.) Rm. 6, tickets $10 at the door.

• Saturday-Sunday, *October 1-2,* 10 a.m. - 5 p.m. **Energy Training.** The Vancouver Health Enhancement Centre, 2021 Columbia St. Pre-registration necessary. Limited enrolment. $85. (604) **876-5955.**

Pre-registration for lecture **and** workshop, $90.

and. . .

Dale Borghum, Ph.D., Director. The Dying Project, Hanuman Foundation and the Dying Centre, Sante Fe, New Mexico.

• **October 15-16, Dying into Our Lives,** The Vancouver Health Enhancement Centre, 2021 Columbia St., $60. **876-5955. Pre-registration please.**

PYSCHIC HOLISTIC **ESP FAIR**

4th Annual E.S.P. FAIR VANCOUVER September 22, 23, 24, 25 Agrodome — P.N.E. OVER 75 EXHIBITS (604) 224-6013

NEW AGE PRODUCTS | HOLISTIC HEALTH | MOVIE THEATRE | E.S.P. TESTING

PSYCHIC PHENOMENA | HUMAN POTENTIAL | WORKSHOPS | & MUCH MORE!

SPIRITUAL GROUPS | TALKS & LECTURES

For information on Exhibit space phone **(604) 224-6013. Also,** see E.S.P. FAIR in Psychic Arts and Intuititve Sciences, page 25.

All difficulties are sacred assignments because they are the only real stepping stones to progress and the progress lies in the comprehension of their purpose.

— Christine Mercie

CONFERENCES, FESTIVALS, & SPECIAL EVENTS

1ST - 31 JAN - 28 FEB 84
2ND - 1 MAR - 29 MAR 84
3RD - 2 APR - 30 APR 84
FULL COST: $1200 (Air fare not included).
FOR INFORMATION, CONTACT: Dorothy Russell, 7423 Humphries Avenue, **BURNABY**, B.C., V3N 3E6, (604) **522-7519.**

The activities of these retreats will include: Tai Chi, healing, channelling, dreamwork, visualization, meditation, astrology, numerology, community living, art and much sharing.

The experience will provide you with an opportunity to explore, initiate, ground changes in your lifestyle, attitude towards life, and develop new skills of self-expression.

The retreat is hosted by **Joshua**, who is an intuitive/healer/teacher/international lecturer-workshop leader. "My work is to provide open-ended environments within which the healing arts, meditation, inner-dimensional exploration, psycho-psychic synthesis, community and everyday living can be experienced with an ever-deepening integration, for the purpose of increasing awareness and understanding."

NLP SEMINAR
MAGIC DEMYSTIFIED

A NEURO-LINGUISTIC PROGRAMMING WEEKEND SEMINAR FOLLOWED BY A FIREWALK.

The firewalk is a complete seminar on how to overcome your personal fears, where participants are invited to follow the seminar leader in walking across an 8 foot bed of red hot coals barefoot. (Last seminar 38 out of 44 participants walked across the red hot coals barefoot.)

Seminar Leader: Frank Pucelik, Co-author of the NLP textbook *Magic Demystified*, a pragmatic guide to communication and change.

Time: October 22, 23 9 a.m. - 11 p.m.

Place: Westin Bayshore, Hotel, Vancouver, B.C.

Price: $185 which includes the complete NLP Seminar plus the Sunday night Firewalk Seminar.

For complete information please call PROSPERITY ENTERPRISES, **733-4180, VANCOUVER.**

NLP

HYPNOSIS COURSES

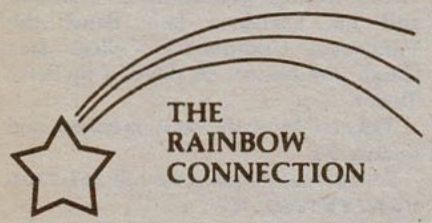
THE METAPHOR WORKSHOP with DAVID GORDON, author of **Therapeutic Metaphors: Helping Others Through the Looking Glass** and **Phoenix: Therapeutic Patterns of Milton Erickson**, will be held in Vancouver on November 26th and 27th, 1983.

David is one of the foremost trainers of Neuro-Linguistic Programming; a licensed Marriage, Family and Child Counselor; and a master of teaching his students to discover their own potential for creativity and influence.

THE METAPHOR WORKSHOP is appropriate for people at all levels of experience in story-telling and communication skills. David has a unique ability to make complicated patterns easily understandable. While telling his multi-faceted stories, he teaches the unconscious as well as the conscious minds of his students — facilitating learning experiences that are as enjoyable as they are instructive.

This workshop will be useful to anyone who depends on **communication with others** as the primary aspect of their professional and/or personal life — including those in business, education, psychology, social work, health, law, child-rearing, or the creative arts.

For further information, please contact PACIFIC NORTHWEST INSTITUTE OF NEURO-LINGUISTICS, INC.: Ian Macnaughton and Cheryl Hills-Wright, 4491 Blenheim Street, **VANCOUVER**, B.C. V6L 2Z8. Phone **734-0915** or **222-2244.**



THE RAINBOW CONNECTION

The Rainbow Connection offers an incredible one-day seminar that covers many subjects, including relaxation, dynamic meditation, color therapy, seeing and interpreting auras, energy transference and past-life regression. Each section is experiential as well as informational.

You will participate in psychometry, energy boosting, mind over matter, mind reading and many other practical and fun activities. You will learn to use energy for magnetic healing in someone's presence or psychic healing at a distance.

Seminar includes free notes so your relaxation can be complete. Fee if you pre-register is $30; at the door $35. For information on dates and location of seminar call **Loretta Massey** at **931-8338.**

H H MATAJI NIRMALA DEVI

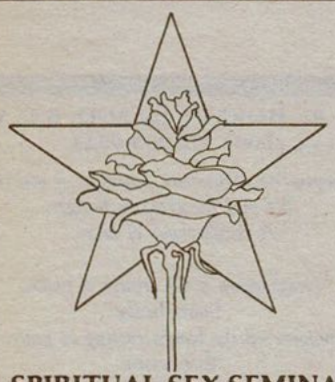
Shri Mataji Nirmala Devi will be arriving in Vancouver October 3rd and holding public programs to offer self-realization through spontaneous raising of the kundalini.

VANCOUVER: Robson Square Media Centre, Conference Room, 800 Robson Street, October 3rd and 5th — 7 p.m.

VICTORIA: Ephriam Evans Auditorium, Metropolitan United Church, 1411 Quadra Street, October 4th — 7 p.m.

For further information call SAHAJA YOGA at **922-5430.**

Meetings at the downtown library (corner of Burrard and Robson) continue each Wednesday evening at 7:00 p.m.



A SPIRITUAL SEX SEMINAR

Given by God to His Children that they may find a better way.

What happens when the sexual act is given over to God to guide and direct? What occurs between and within people when they recognize themselves and each other as Spirit, and engage in sexuality from this perspective?

This seminar offers a new perception of the sexual act and its purpose of complete fulfillment and spiritual joining.

There will be no sharings involving explicit sex during the seminar. All will be conducted with consideration of the sensitivities held by the many. Emphasis will be on undoing fear in its many forms, dissolving the walls of grievances in relationships, and releasing patterns of conditioning that prevent the flow of love.

Conducted by *Char Webster*, student of *A Course in Miracles*, Director of **The Christ Foundation**, and scribe of **A Spiritual Sex Manual.** Its author, Jesus, dictated this work to heal the minds of many who come to the sexual act, unfulfilled in body and mind.

Dates: November 12 & 13, 1983.

Fee: $100 per person; $150 per couple.

There is limited participation, so register early. Send $50 deposit to: EDEN SEMINARS, 6726 Arbutus St., **VANCOUVER**, B.C. V6P 5S7.

Copies of the manual are also available. Phone **263-0564.**

The Canadian Association for the Study and Development of Consciousness (Vancouver Dromenon), wishes to thank the wonderful group of people who participated in the *Hero's Journey* Workshop. Future workshops (including a repeat of the *Hero's Journey*; and others structured on different mythic or seasonal themes) will be announced in *Common Ground*. For those wishing additional information or to be included on our mailing list, please contact John or Marilyn McVicar, **277-6804. VANCOUVER.**

CONFERENCES, FESTIVALS, & SPECIAL EVENTS

Sunray Meditation Society: An International Spiritual Society Dedicated to Planetary Peace.

Dhyani Ywahoo, Director of Sunray Meditation Society, is a Lineage Holder of Tsalagi (Cherokee) Nation.

Lecture and workshop with Dhyani Ywahoo, **Weaving the Tapestry of Light.** Through meditation, chant, dance and prayer one becomes a sacred spindle, the weave anew the web of beauty and harmony.

Lecture: Friday, September 30, 8:00 pm. Vancouver Indian Centre, 1607 E. Hastings, Vancouver. Donation: $5.

Workshop: Saturday, Oct. 1, 10 a.m.-4 p.m. Vancouver Indian Centre, $35. Lecture and workshop may be attended separately.

Also, introducing **The Peacekeeper Mission,** ongoing study of Native American philosophy, sacred wisdom and healing arts. Next term begins Nov./Dec. 1983.

For information and registration call: Paulette Marchetti, (604) **253-0145. VANCOUVER.**

Native Indians inquire about tuition reductions.

Yogi Bhajan is coming to Vancouver, October 17.

Since his arrival in North America in 1968, this Master of Kundalini Yoga has instructed hundreds of thousands of people in the ancient science of yoga and guided them through the experience of meditation.

In Vancouver he will teach a **Meditation Course** and talk to us about the reality of our consciousness, and the Science of Humanology.

He will gently guide us through the process of meditation and help us to experience the complete sanity of our mind in meditation. That experience could change your life.

Take this rare opportunity! Don't miss it! Enjoy the vastness of his understanding and the joy of his humor.

Vancouver Museum and Planetarium, Ray Whittick Lounge, **OCTOBER 17th, 7:30 p.m.** $18 per person. Information: **3HO Foundation, 733-5072. VANCOUVER.**

COLOR, SOUND, GEMSTONES AND THE CHAKRAS

WITH JOY GARDNER
SEPTEMBER 24 & 25 in Victoria
OCTOBER 29 & 30 in Vancouver

Learn to use this ancient knowledge to influence your physical, emotional and spiritual well-being. $50. In **VICTORIA, 381-0966.** In **VANCOUVER, 734-5075.**

Joy Gardner will also give a workshop on LIVING WITH DEATH AND LOSS on October 15 & 16. $45-65, sliding scale. Includes good food and overnight accommodations. In **VICTORIA. 381-0966.**

INAUGURAL CELEBRATION OCTOBER 15

VANCOUVER ART GALLERY

Saturday, 11:00 a.m. will be the official opening of Vancouver's magnificant new art gallery. Admission is free to the public October 15 and October 16 at their new location 750 Hornby St. in Robson Square. For more information call **682-5621. VANCOUVER,** B.C.

CEREMONIAL DANCE

FRIDAY, OCTOBER 21, 1983

Celebrating the October Moon. Honouring our Ancestors, Friday, October 21, 1983, 8 p.m. till sunrise.

Lecture SUNDAY, OCTOBER 16, *Creating New Rituals for Our Times",* with Chuck Lawrence.

For information and tickets call **224-1140, 732-3583, 733-7732 (VANCOUVER); 474-3929 (VICTORIA).**

Sponsored by The Canadian Association for the Study and Development of Consciousness (Vancouver Dromenon).

TOUCH FOR HEALTH WORKSHOP OCTOBER 28, 29, 30

With information gained through simple muscle tests, Touch For Health will enable you to instantly increase energy, improve posture, alleviate physical and mental tensions using acupuncture without needles.

Certified instructors. For information, call **731-5414.** Enrolment limited. **VANCOUVER.**

SELF-ESTEEM COURSE

with BERT WEIR OF THE RELAXATION CENTRE, BRISBANE, AUSTRALIA

Sunday, October 23, 9 a.m. - 5 p.m. orSunday, October 30, 9 a.m. - 5 p.m.

Location: Van Health Enhancement Centre, 2021 Columbia St.

If you're ready for a lift, a lot of fun, a life-focusing experience (and oodles of laughter), then this is the day to give to yourself, and watch many of those self-imposed limitations melt away.

Please reserve early, as space is limited. Cost: $25 for the day.

Please bring lunch to share (suggest fruit, bread or cheese). Tea, coffee and fresh fruit juices will be available.

For reservations and further details, call Margaret Kruger or Leagh Gabriel at **688-5880.** Sponsored by the Friends of Findhorn in **VANCOUVER.**

UNITARIAN JAZZFEST

OCTOBER 23, 8 pm,
UNITARIAN CHURCH
949 West 49th Ave, Vancouver

Unitarian Jazzfest is a benefit concert for the NUCLEAR DISARMAMENT COMMITTEE of the UNITARIAN CHURCH. Some of Vancouver's finest jazz musicians will be featured: jazz singer Eleanor Collins performing with Henry Young, guitar; Lance Harrison and his Dixieland Jazz Band; the Vancouver Community College Jazz Choir, Soundwave 84, directed by Peter Taylor.

Tickets: $5 at the door; students and seniors $3.

For further information call **261-7204. VANCOUVER,** B.C.

FOR ADDITIONAL EVENTS, SEE "THE NATIONAL RESOURCE" SECTION

CRAFTS

IMAGINE

Wood Carving

Handcrafted signs — contemporary, antique, orginal or Northwest Coast styles — to display your logo, trademark, business or group.

Native Softwoods such as

- red cedar
- Cypress (yellow cedar)
- Pine

are our specialty.

Have done large signs - 4' x 10', 3' x 12' - for business' visible for pedestrian or road traffic.

Samples of work can be seen in the foyer of Woodlands Restaurant, 2582 West Broadway (carved in **pine**) and at 1632 Robson Street. (carved in **yellow cedar).**

For panels, plaques or signs please write: Imagine Signs, c/o David Roberts, RR #1, **HORNBY ISLAND,** B.C. V0R 1Z0 or phone **112-335-0823.**

"Imagine no possessions, I wonder if you can?
No need for greed or hunger,
A Brotherhood of Man."

"Imagination is the creator of vision."
Somebody
Imagine all the bombs rusting in peace."
Everyone

OH BROTHERS

Five years ago, two brothers decided to develop a small business that would feature photographs and pottery by local artists. Soon after the idea took shape, **OH BROTHERS** in Kerrisdale opened its doors.

From the beginning, a special commitment was made to B.C. artists and craftspeople. Unique and handcrafted products, created with skill and care, were displayed, offering customers the opportunity to purchase gifts at reasonable prices.

The store is still run by the two brothers and today one can discover not only photographs and pottery, but also glass and wood work, limited edition prints, handpainted and batiked silks, weaving, and a variety of gold, silver, brass and ceramic jewelry.

OH BROTHERS at **2335 West 41st Avenue, VANCOUVER,** welcomes visitors from 10-5:30 daily, except Sunday. (Telephone **263-2122**).

THE CRAFTS

THE POT SHOP AND GALLERY

At the Pot Shop and Gallery you'll find the largest selection of handmade pottery in Canada, and it's all produced in Vancouver. Everything from mugs, plates, casseroles and lampbases to tables, and large sculptural pieces in porcelain, stoneware, salt and raku. Constantly changing visual delight. Excellent quality, potters prices.

Pot Shop and Gallery, 1359 Cartwright St., Granville Island, **VANCOUVER,** B.C., **687-7977.** Open 7 days a week, 10 a.m. to 5:30 p.m.

EDUCATION

AMPRO Photo WORKSHOPS

Our photo programme has something for the complete beginner in photography, whether learning to print your own photographs in black and white, or colour from slides and negatives. The intermediate level courses present practical assignments for the student to tackle, with analysis and criticism.

All our classes are limited in size for the best possible instruction. Darkroom courses are forty percent practical, so that you may learn from experience, not just theory.

We are a federally and provincially approved education institute for income tax purposes. The tuition portion of the fee is tax-deductible.

Starting dates for courses are Sept. 19 and Nov. 1. AMPRO PHOTO WORKSHOP, 117 W. Broadway, **VANCOUVER,** V5Y 1P4, **876-5501.**

Call for latest brochure.

California School of Herbal Studies

Recognized as one of the nation's leading centers of herbal education, the CSHS offers a refreshingly unique and heartfelt approach to the ancient science of herbology.

Year-round programs include: week-long intensives, seminars and retreats, our school on wheels, the herbal care-a-vans, and our very special six-month training program. We are accepting applications for our 1984 6-month session. Please send for application.

Faculty consists of well-known herbalists from throughout the U.S. and Canada. We are located on a beautiful 80-acre ranch in Sonoma County.

Send $2 for our catalogue and placement on our mailing list to: CALIFORNIA SCHOOL OF HERBAL STUDIES, Box 350BC, **Guerneville,** CA. 95446.

The Chinook Learning Community

Chinook Learning Community is a non-residential covenant community and an educational center begun in 1972. In light of the unique crises challenging the human family today, Chinook's central purpose is to assist the transformative work of Spirit that a new future may be born, and the sacredness of life more fully known and celebrated.

OCTOBER EVENTS:

Guest Week, October 7-11. Designed for people wanting to learn more about Chinook and the larger vision it serves.

Cascadia: An Emerging Regional Culture, October 15.; Through poetry, natural and cultural history, Jim Riley and David McCloskey explore the emergence of a bioregional consciousness of the Northwest.

The Spiritual and Political Tradition of Non-Violence, October 22-23. Workshop focusses on principles and examples of non-violence and how it serves the well-being of all parties involved in conflict. Includes public evening talk by Jim Douglass, co-founder of Ground Zero Center for Non-Violent Action.

Matthew Fox and Brian Swimme: Culture and Creation Spirituality, October 29. As creation-centered theologian and scientist, Matthew and Brian draw on Native American, feminist, Celtic, Rhineland mystic and Biblical sources.

For information or brochure call or write: CHINOOK LEARNING COMMUNITY, Box 57, **CLINTON,** Washington, 98236. **(206) 321-1884.**

D H C

Established 1926

The Dominion Herbal College was established in 1926 by Dr. Herbert Nowell, N.D., who spent many years compiling and researching this Correspondence Course in Herbology. It has indeed, become a classic.

DHC has graduated men like Jethro Kloss, author of *Back to Eden*, and Bernard Jensen, author of *Iridology* and many other books on Natural Healing. Many of our recent graduates are prominent practitioners of Natural Healing in many countries.

DHC has been under new management since 1968 and the existing course has been upgraded and a practical summer seminar has been added. At the Seminars, an wholistic approach is taken, with the emphasis on **Herbology.** Experienced practitioners demonstrate their ways of preparing herbal mixtures, juices, roots, salves and oils. The students get acquainted with the growing, harvesting and drying of various herbs. Students come from various parts of the world, and their experiences are shared and exchanged with each other.

If you are interested, please write for a brochure, and please mention this publication.

DOMINION HERBAL COLLEGE
7527 Kingsway, **BURNABY,** British Columbia, Canada V3N 3C1.

Kirpal Ashram School

Kirpal Ashram School is welcoming new students who are interested in an academic program blended with a spiritual education. The philosophy of this school is to develop the higher self through self-discipline, co-operation, and inspiration. The emphasis is on the joy of learning and harmony with all life.

This school combines a solid accredited curriculum with the universal spiritual teachings from all cultures. This unique learning environment is amidst an inspiring setting of twenty-five secluded acres of forest in Surrey.

"Teachers should train students in the spirit of sympathy and love, blending information with inspiration and knowledge with love. A child is the center of creative life. It needs to be opened as a flower is opened, gently, by sympathy, not by force.

The chief malady of current education is that it results in the dissociation of heart and head. Until our knowledge enables us to imbibe the noble things of life, it has not served its purpose. . .In fact, the real aim of education is to develop the character and individuality of a pupil, his mind, will and soul power. The best knowledge is that which teaches us that the end of knowledge is service."

— Kirpal Singh

Our school is named after *Kirpal Singh,* internationally known and respected by religious and political leaders alike in his capacity as President of the World Fellowship of Religions. Throughout his life, he was an embodiment of love for all, and service to humanity, the principles on which the school was founded.

In New Hampshire an affiliated school established in 1973 has a current enrollment of 90 children in both elementary and high schools. Our school presently offers grades 1 through 6.

For more information contact: **Mrs. Judy Shannon, Principal,** KIRPAL ASHRAM SCHOOL, 14011 Colebrook Rd., **SURREY,** B.C. V3S 4N7, **(604) 594-5557,** or **Darren Perkins, (604) 596-5668** or **596-4528.**

To err is human, to really screw things up requires a computer.
— Anon

I am not a teacher, but an awakener.
— Robert Frost

EDUCATION

HECA
(Help Every Child Achieve)
Educational Consulting Services

- Assessment of Learning Problems
- Consultation with Parents and Teachers
- Programming and Remediation
- Workshops for Parents and Teachers
- Age Range: Preschool through Elementary
- Reasonable Rates

Joan Alderdice combines 25 years of teaching experience (Kindergarten, Primary, and Learning Assistance) with a B.Ed. in Education of Young Children, and an M.A. in Educational Psychology and Special Education. She has faith in the ability of every child to achieve his/her potential.

Learning problems and strengths are assessed through tests of academic achievement, abilities, and diagnostic tests. In remedial sessions, Joan draws from a variety of techniques and approaches, depending on the child's needs and strengths.

Joan is particularly interested in **early intervention**: identifying potential problems at the preschool and kindergarten level. She researched the Early Prevention of School Failure Program, has recently completed a Leadership Seminar, qualifying her to train teachers and resource personnel to implement this program.

Workshops deal with thinking skills, parenting skills, and early intervention.

For brochures, information, or appointment call: **Before** September 21 Dorothy Haynes between 9-10 a.m.; **683-4077.**

After September 21: Joan Alderdice, day or evening; **224-2191.**

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la fédération des franco-colombiens
104 - 853 Richards,
Vancouver, C.B. V6B 3B4.
(604) 669-5264

Educating their children in french is the number one priority of the francophone community in B.C.

Indeed, without this kind of academic support, most francophone children will have a hard time acquiring and maintaining the french language and culture. The rate of assimilation for francophones in B.C. is as high as 69%.

Since 1979, with the advent of the "programme-cadre de français," children of francophone parents have been able to receive their elementary schooling in french. This programme is now being expanded to include secondary education as well.

The "programme-cadre" is to be established in all school districts where there is a minimum enrollment of 10 children. The programme is open to children whose parent(s) is (are) francophone. At the present time, the programme is offered in 22 districts throughout the province and, a first in B.C., a french public school now exists in Vancouver: l'Ecole Anne Hébert.

Two publications about education in french in B.C. are available at the Fédération des Franco-Colombiens:
(1) le guide d'implantation pour pré-maternelles et garderies.
(2) le guide d'action pratique pour l'implantation du programme-cadre de français.

For free copies of these publications and for further information about the "programme-cadre de français", "n'hésitez pas à nous contacter à la:"

F.F.C., 104 - 853 rue Richards, **VANCOUVER**, C.B. V6B 3B4, Tel.: **669-5264.**

Pacifica Light Centre

"The purpose of **Pacifica Light Centre** (home of the Inner Christ Light & Life Ass'n) is to promote the growth of Self-knowledge, true Self-realization, the Christ Love, and to further the Divine Plan. Located on four beautiful, rustic acres, 10 minutes from downtown Victoria, the Centre offers courses in meditation and inner-sensitivity, self-awareness, higher Light teachings (e.g., **The Book of Knowledge: the Keys of Enoch**), and a number of workshops in these areas.

"Spiritual healing and psychic counselling are available, along with meditation tapes, music (Halpern, Iasos) and related books.

"Courses begin mid-September, mid-January, mid-April and run 10-12 weeks. For further information, contact: PACIFICA LIGHT CENTRE, 1182 Old Esquimalt Road, **VICTORIA**, B.C. V9A 4X6. **382-8401.**

Sydney Learning Stores Inc.

The Sydney Learning Store presents a unique idea in learning. Imagine yourself in a classroom of one, with your own personal teacher — THE COMPUTER. The computer contains your course material, carefully planned, and simply written. You work at a pace that is comfortable for you. There are no scheduled classes at the **Sydney Learning Store.** Pick the time that is convenient for you and come on in. Store hours are from 9-9 weekdays, 11-6 weekends.

We offer introductory courses to give you a basic understanding of computers, as well as more specific skill building courses.

We also offer Academic programs, specifically Reading and Arithmetic at the Grade 2 - Grade 8 levels.

Qualified teachers are available to help you.

For experienced users, timesharing on our Apple IIe and IBM PC computers (with printers) is available.

Call today: **734-8118** or drop in: 1385 W. 8th Ave. at Hemlock, **VANCOUVER.**

The Vancouver WALDORF SCHOOL

The Vancouver Waldorf School is an accredited independent school which was founded in 1971. We offer pre-school, kindergarten, and grade school. Today, several hundred Waldorf schools operate in countries around the world. The first school was founded in Germany in 1919, and in 1925 the Waldorf approach to education spread to North America. Each year new schools are being founded as they continue to prove their relevance to society as a basis for a modern art of education.

Based on the principles of Austrian philosopher, scientist and educator **Rudolf Steiner, Waldorf Education is a spiritual dedication to the future well-being of mankind in a universal, non-sectarian way.** The curriculum aims to help the children understand the nature of the human being, their relationships to the world and their responsibilities in it, by drawing, in a balanced way, from the humanities, sciences and arts.

Because young children experience through feeling rather than intellect, **an artistic approach permeates all curriculum study.** In this way, Waldorf Education strives gradually to awaken the intellectual faculties in a harmonious natural manner by bringing to maturity the feelings, imaginative qualities, will forces and social awareness of the children, in response to their needs. Children then are given the opportunity to live fully in their whole being and to grow into adulthood, capable of acting out of themselves with true self-assurance whatever life brings.

To give the right subject at the right time is an important principle of Waldorf Education. The plan of each day and the progression of subject matter through the grades is organized in response to the stages of development of the children.

In **pre-school** and **kindergarten** we provide an atmosphere where children can play imaginatively and find joy in working together at simple activities. These would include baking, painting, handwork and music to give children rhythm throughout the week.

The **grade school curriculum** includes Nature Study and Science, History and Literature, Foreign Languages, Mathematics, English Language and Literature, Geography, Art, Handicrafts, Gymnastics, Eurythmy and Music.

WALDORF SCHOOL ASSOCIATION of British Columbia, 2725 St. Christopher Road, **NORTH VANCOUVER**, B.C. V7K 2B6 **985-7435.**

I know of no safe depository of the ultimate powers of society but the people themselves; and if we think them not enlightened enough to exercise their control with a wholesome discretion, the remedy is not to take it from them, but to inform them.

— Thomas Jefferson, 1820

EDUCATION

For you who are bored or unfulfilled with your work and dare to take the first step to a career that:

- is a pleasure to pursue
- contributes to others
- contributes to personal growth
- gives you financial freedom without personal sacrifice.

EDEN SEMINARS invites you to train in one of two programs. Both lead to certification at a professional level that will allow you to have a successful private practice in the healing arts.

PROFESSIONAL REBIRTHER PROGRAM

Rebirthing is a simple powerful breathing process that will allow your clients to dissolve suppressed emotions and limiting beliefs. You will also teach them to build new positive beliefs that lead to fulfillment and success in all areas of their life.

PROFESSIONAL TRAINING IN POLARITY THERAPY

Polarity works like acupuncture and feels like a good massage. You will use this hands-on system of pressure-point contact to relax and energize your clients. You will also give recommendations on exercise and diet to maintain this healthy state.

For details or to apply, call EDEN SEMINARS: **253-0564. VANCOUVER.**

Wild Rose College of Natural Healing

We offer **classroom and correspondence courses** of the highest caliber, combining tradition with the latest scientific research. Interested in health for yourself and your family? You may enjoy basic courses such as Human Biology, Human Physiology, and Nutrition.

Serious practitioners interested in natural health concepts and therapies, can choose from a comprehensive range of subjects — basic and advanced Herbology, Iridology, and many others.

Three diploma programs are available: Master Herbalist, Wholistic Therapist, and the new Registered Massage Therapist program (11-month classroom intensive in Calgary).

For our catalog, send $2.00 to Box 2310, Station M, **CALGARY,** Alberta, T2P 2M6.

Vancouver area residents may phone **738-7628** for info on courses and study groups.

AIRBRUSHING

Learn Airbrush Techniques as applied to Fabrics, Cake-decorating, Vans, and Photographs. We also sell, repair, and rent equipment and supplies.

AireBrush Emporium, 107, West Broadway, **VANCOUVER. 876-5520.**

PAIDEA-OPTIMUM SCHOOL
for HEURISTIC LEARNING

We are creating a wholistic and humanistic learning community for children ages 6/7. The natural curiousity and exploration of children will be guided and stimulated through active experience and participation.

Begins September 19, call **879-6026** for information (limited enrollment). **VANCOUVER.**

ARE YOU CONFUSED?

Many controversies are still unresolved as to the true meaning of the translation of the Book of Genesis of the Bible. Certainly the sciences and the churches do not agree. Now available **The Testimony of Genesis** at $1.25 per copy post paid; or send for free pamphlet of the writings of Emanuel Swedenborg.

B.C. New Church Society (Swedenborgian), Box 65381 Station F, **VANCOUVER,** B.C. V5N 5P3.

FOR ADDITIONAL SCHOOLS, SEE "THE NATIONAL RESOURCE" SECTION

ENERGY & THE ENVIRONMENT

GREENPEACE

THE GREENPEACE FOUNDATION

Greenpeace, now established in countries around the world, was founded in B.C. in 1971 as a non-violent, direct action environmental group. Investigative research, direct action and lobbying are the major tools of our success. Educational presentations and films available to schools and community groups encourage more environmental awareness. (Contact Marilyn Chrystal, Education Director, for bookings.)

Ongoing major campaigns include DISARMAMENT (nuclear testing, waste dumping), TOXIC CHEMICALS (acid rain) MARINE MAMMALS (whales, seals) ECOSYSTEMS (Antarctica, tropical rain forest). Volunteers are welcomed. Our Vancouver office has pamphlets, research files open to the public, and merchandise.

For more information, merchandise catalogues, membership forms ($15), contact:

THE GREENPEACE FOUNDATION,
BOX CG, 2623 West 4th Avenue
VANCOUVER, B.C. V6K 1P8
736-0321

SPEC

FALL EDUCATION

- *Home winterization program, Wednesday evenings.*
- *Nights of the Round Table discussions: Acid Rain; Budget. . .* call for details.

SPEC is a non-profit environmental organization formed in 1969 whose purpose is:

- to reduce pollution
- to promote the maintenance of a healthy livable environment for all life
- to conserve energy and non-renewable resources
- to promote proper management in harvesting renewable resources, such as fish and forests
- to join with other ecology groups in promoting the protection of the world ecosystem and the fair distribution of the remaining world resources.

As a community organization, SPEC offers many continuing services:

- Upon request for information, SPEC provides fact sheets and in-depth reports on a wide variety of environmental subjects.
- Speakers and visual aids (slide shows and videotapes) are made available at SPEC for schools, organizations and small groups.
- SPEC participates in public inquiries through the preparation and presentation of documented briefs.

Memberships are $20.00 for adults/families, $10.00 for students/seniors, and $100 for business/organizations. All donations are welcome and are tax-deductible.

SOCIETY PROMOTING ENVIRONMENTAL CONSERVATION, 2150 Maple St., **VANCOUVER** V6J 3T3. Phone **736-SPEC.**

The Solar Energy Society of Canada is the national organization promoting the understanding and application of solar energy in all its forms.

Individuals and companies who are interested in the utilization and understanding of solar energy, or those who desire to further the purposes of the Society, are invited to become members. The Society's range of interests reflects the diversity of its membership which includes lay persons, scientists, engineers, economists, geographers, builders, urban planners, industrialists, politicians, etc.

The Society is a non-profit organization whose activities are supported through tax deductible contributions from its members and supporters.

MEMBERSHIP BENEFITS ($35) include:

- Contact with others associated with renewable energy activities
- SOL — a bimonthly newsletter
- Annual Canadian Solar Directory
- Representations to government
- Reduced rates to conferences, seminars, and publications
- Chapter membership.

Local chapters exist in **VICTORIA** (Contact Dennis Light, **386-7643), VANCOUVER** (Contact David Blythe **663-3953** or **689-1841), (OKANAGAN** Contact Darrel Bensmiller, **KELOWNA 860-5052).**

For further information, contact your local chapter or our national office.

SOLAR ENERGY SOCIETY OF CANADA INC. 303-870 Cambridge St., **WINNIPEG,** Manitoba R3M 3H5.

FOOD & RESTAURANTS

DHARMA JUICE CO.

Quality, "live" juices, produced the old-fashioned, natural way are available year-round from the **Dharma Juice Co.**

Our "live" juices are 100% pure, made from fresh, whole fruits and vegetables, with nothing added or boiled away. **Dharma Juices** are unadulterated by additives or preservatives and unaltered by pasteurization-sterilization processes.

"Live" juices contain all the vital minerals, vitamins and enzymes that are found in the raw foods from which they are pressed. Because these nutrients are so readily assimilated, they replenish our bodies with "instant energy" and nutrition. Consequently, our juice is natural and of the finest quality.

To enhance or rejuvenate your health and energy on a daily basis, Dharma's "live" juices will serve you well.

For phone orders or information, call **Colin** at **522-3183**, mornings or evenings. **NEW WESTMINSTER**, B.C.

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the excellent EATERY

3431 - W. BROADWAY

738-5298

FULLY LICENCED

Like to find a great restaurant serving inexpensive portions of fine home cooking (but not like Mom's)? Then discover **The Eatery,** new and popular on the Kits - Pt. Grey scene.

Considered by some very discriminating people to be the only place to eat, The Eatery features a superb menu of phenomenal variety in a comfortable, homey setting.

The restaurant concentrates on wholesome nutritious foods as well as tasty recipe ideas for those conscious of their bodies' intake. The large selection includes appetizers, sandwiches, soups, salads, burgers, egg dishes, many dinners, various specials, home made desserts, and unique spirit lifters.

The Eatery is open for lunch, dinner and late snacks. There's no minimum charge, and the espresso machine is always stoked for action. Drop in and treat yourself! Plastic permitted. 3431 W. Broadway, **VANCOUVER, 738-5298.**

Your fine quintessential neighbourhood restaurant.

FAMOUS FOODS

For over 50 years FAMOUS FOODS has been supplying Vancouver with high quality bulk foods and spices at the lowest possible prices.

We package over 500 quality natural food products, herbs and spices and stock over 2,000 different items ranging from specialty foods, cheeses, special diet items, and basic grocery items all at the lowest possible prices available.

We also stock large quantity packages ideal for institutional or special service use.

While other stores try to imitate, and the supermarkets are now coming out with the new concept bulk food packaging, FAMOUS FOODS after 50 years continues to offer the best alternative in a proven concept of food purchasing of natural foods.

Come on in, compare and visit our **new location at 1595 Kingsway** (at 25th Avenue) **VANCOUVER. 872-3019.**

The Garden

HEALTH FOODS

Natural Foods, Bulk Foods, Books
Vitamins, Cosmetics
THE WEST END'S NEWEST NATURAL FOOD STORE

WELCOME TO THE GARDEN! A delightful atmosphere to shop in a garden setting for a variety of luscious natural foods from bulk grains, legumes, nuts, dried fruits and natural candies to over 100 bulk herbs, spices and teas.

Try our maple syrup from Quebec, low caffeine, organic coffee from Mexico, fresh dairy products and organic juices.

Choose vitamins and supplements from a large selection of the best available brands. Many natural cosmetics and hair products are in stock. We will special order whenever possible.

Browse our book selection with tips from the manager: Jeanne-Marie Martin, author of *For the Love of Food — The Complete Natural Food Cookbook.* Jeanne-Marie has over 12 years experience in the health field.

HOURS: **Monday through Saturday, 10-6; Friday, 10-7. 1204 Davie St. VANCOUVER,** B.C. **688-4325.**

Good Morning Dairy Bar

1833 West 4th Avenue
At Burrard
Vancouver, B.C.

We have **Goat's Milk, Goat's Ice Cream, Soy Kream,** and a delicious sandwich delicatessen with rich healthy milkshakes!

So if you want yogurt for your lunch bucket, cheese for that special quiche, or a natural honey ice cream cone —Come On In to Good Morning Dairy!

We're open late, seven days a week.

To order case lots or bulk, call **733-3510. VANCOUVER,** B.C.

THE INNER GARDEN

NATURAL HEALTH CENTRE

The Inner Garden Natural Health Centre focuses on quality products and efficient, informative service. Rejuvenation of health and fitness has proven successful through our personalized counselling programs. An up-to-date library, current health articles and supplies, professional referrals, and in-store demos also reflect our unique approach.

We provide a wide selection of top brand vitamins and herbs, cosmetics, a good range of appliances, and general health foods at very competitive prices. We offer substantial discounts on volume-sized vitamin purchases as well as special rates for senior citizens, gym club members, and certified members of any holistic healing organization.

Our natural juice bar includes organic fresh-made juices, (including wheatgrass juice), protein shakes, and a few take-out dishes. *We extend our energy to best serve you.*

Call us at **733-0127,** or visit us at **2813 West Broadway** (at MacDonald). **VANCOUVER.**

ISADORA'S

CO-OP RESTAURANT
GRANVILLE ISLAND, 1540 OLD BRIDGE STREET
VANCOUVER, B.C. V6H 3S6 PHONE 681-3748

ISADORA'S CO-OP RESTAURANT is a family restaurant with a difference! It is community owned (now over 1500 shares sold), providing nutritious, good tasting food at affordable prices.

ISADORA'S is **located on Granville Island,** next to the Waterfront Theatre.

Our services include:

- a menu featuring foods from our Bio-region, and other foods of the Pacific Rim;
- catering in-house;
- take-out next to the water play park on Granville Island;
- licensed premises; many delightful non-alcoholic drinks served as well.

Open 7:30 a.m. to midnight, Mon. to Thurs.; 7:30 a.m. to 1 a.m. on Friday and Saturday; 7:30 a.m. to 11 p.m. on Sunday.

Bring your family to Breakfast, Lunch or Dinner.

And best of all, we have the happiest staff of all. We have profit sharing.

For good food, late night entertainment and a relaxed atmosphere, try us at ISADORA's. Reservations for parties of six or more. **681-3748, VANCOUVER.**

A weed is a plant whose virtues have not yet been discovered.

Who is persuaded against his will, is of the same opinion still.

FOOD

La Chanterelle
688-5880

May this food, prepared with love, be shared and enjoyed in love — and may it contribute to the perfect unity of Body, Mind and Spirit.

CATERING
CONSULTING
COOKING CLASSES

Specializing in fresh, beautiful food for Celebrations, Gatherings, Seminars and Workshops.

On-going **classes** in French Country Cooking, Vegetarian Style: Sundays 2-5 p.m., $20 per session.

Gift certificates available for catering and cooking classes. Orders now being taken for Christmas cakes.

And, for that **perfect gift:** champagne breakfast in bed for two — $100!

Call **Margaret Kruger** at **688-5880** for further details. **VANCOUVER,** B.C.

Lifestream
NATURAL FOOD STORES

Where can you buy. . .

Fresh organic produce: over 100 competively priced bulk goods: all major natural food grocery products: a comprehensive line of dairy products from the cow, goat and soybean: every leading branch of natural cosmetics in North America: an extensive library of natural food cookery and reference books: 100 different bulk herbs: nine major lines of vitamins and supplements: biodegradable cleaners and white paper products: over 30 literary, health and news magazines.

Where Else!

LIFESTREAM NATURAL FOOD STORES. **2582 West Broadway** — Manager, Michael Collens; **1813 West 4th Ave.** — Manager, Michael Tyner. Open 10:00-8:00 Monday-Friday, 10-6:30 Saturday, 11:00-6:00 Sunday. **VANCOUVER.**

T·H·E NAAM

Dear Friends,

We would like to announce a few changes at **The Naam**. For many years we've been cooking away in our little cafe and tending our natural food store next door. The time came when we found that a real cooking tradition had developed in the restaurant from the efforts of dozens of people over as many years and that the store was *bursting at the seams.* So, we've grown. We moved the store across the street into a beautiful space with lots of light. We put in a nice long cheese deli and expanded our product line to include fresh coffee, lots of new baked goods, ice cream and much more to provide for family shopping.

In the old cafe we've opened up the restaurant to fill the area which used to be the store. French doors open onto an enclosed garden patio, perfect for outdoor dining. The new restaurant features a large salad bar, an open fireplace, espresso coffees, wine and beer, a new expanded menu and, believe it or not, indoor washrooms! All this is a big change — so we've had a busy summer. If you haven't been in yet, please accept our invitation to come in and see what's happening at the Naam. We hope that you like the changes.

New store hours: Monday —Saturday 10:00 a.m. - 9:30 p.m. Sunday 12:00 noon - 9:00 p.m.

New address: 2649 W. 4th Avenue. Phone **733-1080.**

New restaurant hours: Monday — Saturday 11:30 a.m. - 11:00 p.m. Sunday 10:30 a.m. - 10:00 p.m. 2724 W. 4th Ave. Phone **738-7151.**

Off the Cuff
Provisioning Service

Menus designed for your sailing holiday, weekend spree or offshore cruise. Provisions wrapped and delivered. **Off the Cuff** will also provide custom designed menu plans to accomodate particular diets or circumstances, and work on a consulting basis for holidays, special events or home meal planning.

And, if you are going on a hike or simply want a stock of emergency rations, I carry a full line of dried foods packaged to specifications.

For further information, please call **Judy Bowors** at **987-7804** (24 hours). **NORTH VANCOUVER.**

SHIN • MEI • DO MISO
Makers of Fine Natural Miso

Miso has been making great tasting soups in Japan for over 1,000 years, but rich flavour is only part of the story. Unpasteurized **SHIN-MEI-DO MISO** is endowed with enzymes which aid digestion *and* high quality protein.

SHIN-MEI-DO MISO is a brown savory paste made of four simple ingredients: Organically grown soybeans, grains (rice, barley or brown rice), sea salt, and spring water. These fine ingredients are carefully prepared and then aged in wooden vats for up to 2 whole years.

We make our miso right here on beautiful Denman Island and use the age-old techniques taught us by a Japanese miso master. But **Shin-Mei-DO MISO**'s versatility isn't limited to Asian cuisine. Send us a self-addressed, stamped envelope and we'll send you a delightful Vichyssoise (leek and potato soup) recipe and 4 other delicious miso ideas — *free!*

Our address is SHIN-MEI-DO MISO, #5 , Wren Road, **DENMAN ISLAND,** B.C. V0R 1T0. **335-0253.**

SHIN-MEI-DO MISO is available at natural foods stores.

SWEET CHERUBIM
NATURAL FOOD BAKERY
FOOD STORE & RESTAURANT

The people of **Sweet Cherubim** are dedicated toward providing good, wholesome natural foods at reasonable prices. Nutritious foods that are beneficial to our physical, mental and spiritual well-being, and are free from all chemical preservatives and artificial additives.

Sweet Cherubim has tried to bring back some of the natural goodness that foods used to have by:

- Starting our own natural foods bakery where we daily produce fresh, nutritious and scrumptuous breads, muffins, candies, cakes, pies, nut butters and other heavenly delights for your eating pleasure;
- Developing a unique natural foods restaurant where the emphasis is upon economy, nutrition and good taste;
- Providing a select line of quality natural food products from all over the world.

MORE HEAVENLY FOOD AT DOWN TO EARTH PRICES

Please visit our **bulk foods section** in both of our stores, especially designed for your convenience. We feature OVER 100 DIFFERENT VARIETIES of tasty and nutritious nuts, seeds, dried fruits, nut butters, honey-sweetened jams, granola, candies and other natural delights.

WE SERVE YOU. BUY AS LITTLE OR AS MUCH AS YOU NEED.

Two locations to serve you:

3629 West Broadway (at Alma) **731-3022. VANCOUVER.**

4242 Main Street (at 27th Ave.) **875-6255. VANCOUVER.**

Watch for our third location opening soon downtown at 435 W. Hastings!

WILD WEST WAREHOUSE

This leek is an organic leek, from WILD WEST ORGANIC HARVEST CO-OPERATIVE, the largest distributor of organically grown produce in all of Canada.

Organically grown crops are grown without the use of petrochemical fertilizers, pesticides, herbicides, or growth regulators, and are grown in a healthy, well-nourished soil.

We also sell organically grown dried fruits and nuts, natural juices, Frozen Buddha Soy Dessert, Nancy's Yogurt and Kefir, Jersey Farms Yogurt, Organic Coffee-Cafe Altura, Sooke Tofu, Mochi and some baked goods.

Bulk Buying at : WILD WEST WAREHOUSE, 1275 East 6th Ave., **VANCOUVER.** Call **873-4588** for details.

Retail Stores that have a large organic produce section:

WILD WEST STORE, Granville Island Market, **VANCOUVER, 685-6639.**

MOUNTAINSIDE NATURAL FOODS, 152 West 3rd, **NORTH VANCOUVER, 988-6255.**

Warehouse E - 2471 Simpson Road, **RICHMOND,** B.C. Call **276-2411** for details.

FOOD & RESTAURANTS

CERTIFIED ORGANIC

WILD WEST at the Granville Island Market

Just as the three kings of the Orient brought frankincense and myrrh, the three of us at Wild West bring you the best: **tropical juices** from the Far West, **macrobiotic** foods from Japan, *organic coffee* from Mexico, **maple syrup** from Quebec, organic **tortilla chips** from Wisconsin and natural **picante sauce** from Texas, **Kettle Chips** from Oregon, **tofu** from Vancouver Island; **felafel, humus, tabouly** and whole wheat **pita bread** from the Middle East, **rennetless cheeses** made with raw milk from Ontario, local crunchy **nutbutters, soy & dairy** products, **breads** from various **local bakeries.**

And above all our certified organic fruits and vegetables.

Come and meet **Susan, Carmen,** and **Myriam** who are always ready to give helpful hints on what to do at dinner time when inspiration has run out. . .

Our store is open Tuesday to Sunday from 9 a.m. till 6 p.m. Our location is 1625 Johnston St. at the **Granville Island Market.** Our phone number is **685-6639. VANCOUVER.**

Sorry's Superb Sprouts.

Making and selling sprouts is a dream I had for six years, ever since I saw the plans for the nicest automatic sprouter. Now I grow Mung, Aduki, Lentil, and Black Bean sprouts.

I put off starting my operation 'til I finally read under Technology (Tools), *Whole Earth Catalogue,* "Your mind can't expand on a subject until you have the tools" (sprout cabinet). I also have eight, great sprouted grain product ideas. I think those ideas came out of finishing my cabinets.

Do you need a mountain of sprouts for a new food product you're dreaming of inventing? My sprouts are at Wild West, Lifestream, and The Naam, and are fresh twice weekly. (*Sorry* is an old Kitsilano name I was given.) Enjoy! **David Sorry,**

Write for information: 2238 Stephens St. **VANCOUVER. 738-8019.**

CITY FARMER
Canada's Office of Urban Agriculture

Join Catherine Shapiro, head gardener, every Monday, Wednesday, Friday, 9am - 12 noon at the Vancouver Demonstration Food Garden, 2150 Maple St. (SPEC) and learn how to grow your own food organically twelve months of the year.

City Farmer, #801 - 318 Homer St., **VANCOUVER,** B.C. V6B 2V3. **685-5832.**

CROFT WOODRUFF
NUTRITION SPECIALIST

Twelve years of study and continuing research of nutrition. Noted writer, lecturer, and talk show guest on various nutrition and environmental health issues.

CROFT'S HEALTH PRODUCTS, 6252 Fraser St., **324-2121** for appointment. Tuesday through Saturday, 10 a.m. to 6 p.m., **VANCOUVER,** B.C.

EAST END FOOD CO-OP
IT'S YOURS TO SHARE

East End Storefront Co-Op provides one-stop shopping on a wide selection of grocery and household supplies including bulk grains, nuts, beans and dried fruit; cheese; canned and packaged goods, fresh produce (organic too); dairy and frozen foods. Our prices match or beat other stores on most items; special savings on case lots.

People interested are invited to "guest-shop" at the store.

No work requirement for membership.

Hours: 2-7:30 p.m., Tuesday to Friday, 10:30 a.m. - 5:30 p.m., Saturday and Sunday. 1806 Victoria Drive (at 2nd Ave.) **VANCOUVER,** B.C. Phone: **254-5044.**

EDIBLE ISLAND STORE & WAREHOUSE
BULK NATURAL FOODS

This friendly market on northern Vancouver Island is run by a worker's collective. Stressing organic and bulk products, we have a full range of cheeses, produce, dried foods, vitamins and non-food items. Best prices on the Island. Wholesale and retail. Located 8 miles north of Courtenay. Open Monday — Saturday, 10 a.m. to 5 p.m., Thursday 'til 7 p.m. Call **337-8464,** or write to Edible Island, **MERVILLE,** B.C. V0R 2M0.

HEALTHWAY NATURAL FOODS

Well established West End business. Corner of Robson and Denman. Two blocks from Stanley Park.

• Carrot Juice Pressed Fresh • Protein Drinks • Cosmetics & Soaps • Aloe Vera Products • Herb Teas • Quality Vitamins • Fresh Juices

"HEALTH IS WEALTH"

805 Denman St., **VANCOUVER,** V6G 2L7. **684-4911.**

VALLEY NATURAL HEALTH PRODUCTS

Come see our new bulk foods section, and enjoy our delicious lunch bar. Other features include:

- vitamin supplements
- juicers & appliances
- lending library
- tonics — herbs
- natural cosmetics
- book department

SERVICE IS OUR BUSINESS

20425 Douglas Cresc., **LANGLEY,** B.C. **534-2512.**

GLOBAL & SOCIAL CHANGE

B.C. PEACE ACTION CONFERENCE
SEPTEMBER 24 & 25
Okanagan College, Kelowna

The time for nonviolent, but decisive, peace action is here. If you know why a nuclear war is neither winnable nor survivable and want to do more than merely talk about it, the B.C. Peace Action Conference is the place to pick up and share ideas on how to effectively act for peace.

The speakers include: Rex Weyler, Association Publisher *New Age Magazine,* Marilyn Kansky, **Westcoast Environment Law Association.** Ken Hancock of Toronto's **Cruise Missile Conversion Project.** John Maelaert, **Communication Consultant** in Kelowna.

The two-day conference runs from 8:30 a.m. Saturday through till 1:30 Sunday afternoon and includes two lunches, films, information tables, a peace concert Saturday night, workshops and, of course, a great opportunity to meet fellow peace activists from many places.

Mention you saw listing in Common Ground and pay only $30 rather than the standard $40 conference fee. Mail your application with payment and include the following information: Do you require camping space or billeting (also will you bring your own sleeping gear?) Do you need a ride from/to Kelowna bus station or airport?

Please make cheque/money order payable to **Kelowna Peace Group** and mail to **Box 430 KELOWNA, B.C. V1Y 7P1.** (Prepayment is preferred though applicants will be accepted at the door.)

For more information call **112-764-4949,** in Kelowna.

GREATER VANCOUVER INFORMATION & REFERRAL SERVICE

A non-profit society funded by the City of Vancouver, Ministry of Human Resources (Prov. Govt.) and United Way.

Telephone enquiry service provides link to community resources in the Lower Mainland through the continuously updated **Community Information Index (CINDEX).**

Publishes annually the **Directory of Services for Greater Vancouver (The "Red Book")** available for use at most public libraries. May be purchased at GVIRS (price $23.50).

Provides **computer services** to other community agencies and organizations.

For details, call **736-3661.**

GREATER VANCOUVER INFORMATION & REFERRAL SERVICE (G.V.I.R.S.)
#105 - 1956 West Broadway, **VANCOUVER,** B.C. V6J 1Z2.

GLOBAL & SOCIAL CHANGE

CANADIAN COALITION FOR NUCLEAR RESPONSIBILITY

CANADIAN COALITION FOR NUCLEAR RESPONSIBILITY

We are a **non partisan** group of concerned citizens dedicated to fostering a growing awareness of and involvement against the horrific threat of nuclear weapons. We support **non-violent** action in direct opposition to nuclear arms in **U.S.A., U.S.S.R., and all other countries.**

Information and unity are our greatest counter-force against 'nuclear madness'. An informed public will make the right decisions about peace and a **nuclear-free world.** But the minority who wish to test the cruise missile or sell a nuclear reactor to Argentina have a track record of attempting to muffle public debate.

Information has purposefully been kept from the public so the citizenry would be left powerless and uninvolved.

Information is power. And when we are informed we can exercise our power.

Canada is a very powerful nation. And we are located in a pivitol position situated between Russia and the USA. Immigrants from both superpowers live in Canada. If there is nuclear war we will be caught in the cross-fire. So we have so much to gain and literally everything to loose.

Not only do we have a role to play in **freezing the arms race** but also in **thawing out the old cold war.**

Peace is everybody's business so we will be doing it together. Support the local and global peace groups of your choice. (There are over two hundred just in B.C. and over 3000 in North America.)

Come to our meetings the first Tuesday of each month at SPEC, 2150 Maple St., 7:30 p.m. For further information call **988-4346** or **687-6510**. Or write CCNR, 843 Prospect Ave., **NORTH VANCOUVER**, V7R 2M2.

Membership $15 annually. Distributors of *No Nukes* newsletter locally, *Nuclear Free Press* nationally, books, literature and videotapes. Speakers available for meeting in both French and English.

THE ENDING HUNGER BRIEFING

- 41,000 people die each day of hunger
- They don't have to
- There are solutions
- Hunger has been ended as a basic issue in **35** countries since World War II.
- **You** can make the difference

THE BRIEFING is a comprehensive 5-hour overview of the current facts about hunger which provides individuals with the information necessary to be effective participants in ending it.

The facts are presented through slide shows, maps, data sheets and mini-lectures by trained presenters.

For the date of the next briefing call: THE HUNGER PROJECT, **734-4233.** 1650 West 8th Ave. **VANCOUVER** V6J 4V4.

No fee, and contributions to the program are invited.

VANCOUVER WORLD CITIZENS COOPERATIVE

On August 6, 38 A.B. (1983) the V.W.C.C. will be formally established. This Cooperative will affiliate with every international society and organization presently working toward a shared planetary culture. Just a few examples: WFC (Ottawa), IRWC (Paris, New Delhi, Lome (Togo), Tokyo, etc.), WCA (San Francisco), FOE (London), IWO (New York).

The Vancouver Cooperative will function primarily as an information centre, and will support local and regional ethnic, peace, and environmental groups. Understandably, these will be viewed from a global perspective.

If you sense your **first** loyalty and allegiance is to all the Earth's peoples, and you want to help establish the Cooperative, phone Herb Gilbert at **228-0432** (3765 West Third Ave. **VANCOUVER,** B.C. V6R 1M2)

Build trust first, disarmament will follow.

K.I.N.D.

K.I.N.D. is a non-profit society with 11 years experience providing homemaking, handyman and transportation services to seniors and the disabled in Point Grey, Dunbar, Kitsilano, Kerrisdale, Fairview, Mt. Pleasant, Little Mountain and the West End. Our solid foundation of community involvement has enabled us to expand into service for families.

Homemaker Services

- Child care. Household management and organization • Assistance with budgeting and financial management • Personal care - bathing, grooming, assistance with the activities of daily living • Stress management and companionship • Cleaning, laundry and shopping.

Handyman Services

- Minor home repairs (i.e., carpentry, plumbing and electrical) • Necessary painting • Grass cutting, hedge-trimming and pruning, refuse removal
- Window and wall-washing
- Packing and assistance with moving.

K.I.N.D. provides support and assistance to those people who, through age, disability or circumstance are having difficulty in maintaining their home environment. Although most of our clients are referred to us by the Health Department, we also receive referrals from the Ministry of Human Resources, Veteran Affairs and I.C.B.C. The handyman department is currently assisting clients under the Community Recovery Program and is looking forward to continuing service under various sponsors.

For more information call: **733-4144, VANCOUVER,** B.C.

THE FRIENDS OF NATURAL WORLD ORDER

What are the roots of world disorder? We, the FRIENDS OF NATURAL WORLD ORDER have taken up the question, is competition a valid premise for human relations? FONWO addresses the subject in **The Enemy Syndrome**. We invite contributions to the inquiry. **The Enemy Syndrome** is available from Banyen Books, $4.00.

PAUL REPS PAUL REPS

TIME TO CHANGE
YOURSELF TO CHANGE
THE WORLD
tick toc tick toc tick talk tic talk
Paul is coming Sept. 11, Sept. 18 and Sept. 25
3 GREAT SUNDAY PLAYSHOPS
UBC Duke Hall Studio
info: World Citizens Co-op. **228-0432. VANCOUVER.**

DISARMAMENT AND BEYOND OCTOBER 29, 30

Trident Action Group and Women Against Nuclear Technology weekend of workshops, Langara College, 100 W. 49th Ave. For more information write 351 E. 9th St. **NORTH VANCOUVER** or phone **988-3649.**

I should like to invent a substance or a machine with such terrible power of mass destruction that war would thereby be made impossible forever.

— Alfred Nobel, inventor of dynamite, founder of the annual peace prize, 1876

The choice today is no longer between violence and non-violence. It is either non-violence or non-existance.

— Martin Luther King

We shall not love our corner of the planet less for loving the planet, too, and resisting with all our skill and passion the dangers that would reduce it to ashes.

— Adlai Stevenson

There is no way to peace; Peace is the way.

— A.J. Muste

Peace is better than war, because in peace the sons bury their fathers, but in war the fathers bury their sons.

— Bacon

Pause For Peace. . . the second Tuesday of every month at 11 a.m. For information call. 112-764-4949.

HEALTH, HEALING, & BODYWORK

Aromatherapy
Margaret Kruger

AROMATHERAPY — The healing and beautifying properties of the essential oils of flowers and herbs. (*"The art of aromatherapy"* — Tisserand).

The treatment is given in our meditation and healing room in a calm, relaxing atmosphere with gentle taped music. The session lasts 1½ hours beginning with an attunement between practitioner and client, and consists of an aromatherapy massage (Shiatsu and effleurage) with emphasis on the feet and head, and a full facial complete with herbal steaming and floral face lotions.

Towards the end of the session, as the client drifts off with soothing pads on his/her eyes, my partner, Leagh, plays his bamboo flute. The session concludes with the partaking of a hot cup of herbal tea. Gift certificates are available.

Full aromatherapy treatment with full facial - $40. Shortened version - $30. For further information call **688-5880. VANCOUVER.**

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atp
bioactiv
research
inc

How much are you absorbing from the supplements you take?

Most people take their vitamins and minerals in a de-natured form. That is, it is a free state molecule stripped of all the factors which nature, in its wisdom, always supplies in the foods we eat. These factors include phosphoproteins, phospholipids, glycoproteins, lipoproteins, essential fatty acids, carbohydrates, nucleic acids, bioflavonoids, enzymes, and many other factors which ALWAYS occur in foods that we eat.

These naturally occuring factors transport the vitamins and minerals into the body for best utilization and assimilation — just as nature intended it. Without these, the vitamins and minerals you take have to search for them — a hit and miss proposition at best which means a loss of nutrients and a waste of money.

Ask if the supplements you take contain these factors. Don't be surprised if they don't. We at BioActiv RESEARCH are licenced to market, for the first time in Canada, a complete line of **Re-Natured** vitamin and mineral supplements which have not been stripped of these important factors. They are all there in their entirety, organically bound with yeast.

We also market NaPCA, the natural moisturizing ingredient found in human skin, Polysorbate 80, BHT, and other hard to find nutrients.

For more information on our products and how you can obtain them, write or call us at: ATP BioActiv RESEARCH INC., #7-2066 W. 3rd Ave., **VANCOUVER,** B.C. **734-5590.**

Like this small boy, we too, decided to investigate and take a look at the details, but what we found was not as pleasing.

When a nutritionally-oriented M.D. lost his license to practise medicine two years ago, a handful of us stood shyly behind our pickets in protest. We felt that there were other approaches to health care besides the use of drugs, and why should drug therapy have control of the market?

The details are: drug therapy, to the exclusion of the healing arts, will continue to reign as long as we, the public, allow it to. Today, we do not deny the value of protests made by picketing; but we have found that this is only one way of making our voices heard. Now we, the COALITION FOR ALTERNATIVE THERAPY are submitting briefs, appearing on T.V., organizing conventions, publishing the quarterly publication called OPTION, and generally speaking on behalf of alternative practitioners everywhere.

Please join today and help us take a good look at the fine print.

Inquiries: Inez Birth **941-7440.**

Membership ($10 fee): Betty Stark, 1253 Wellington St. **PORT COQUITLAM,** B.C. V3B 3Z9. **942-8727.**

Divine Love Centre
for Nourishment Counselling and Educational Services

The DIVINE LOVE CENTRE offers a wholistic approach to living through spiritual clarity, emotional honesty, and physical harmony.

We provide intelligent and practical counselling to individuals and families who are seeking a safe, effective path to healthful living. Our beautiful, spacious centre is located close to parks and ocean and is an ideal setting for work-shops and live-in training programs.

DIVINE LOVE CENTRE programs and services include:

- Wheatgrass and live juices pressed fresh daily
- Living Food Therapy and workshops
- Emotional Honesty sessions, individual and group, i.e. conscious breathing, release meditations, 'Course in Miracles'.
- Whole Being Reading - a complete physical, mental, emotional, and spiritual assessment
- Miracle Weekend Workshop — total immersion into aliveness
- Weekly intensive, live-in, self-healing, training program
- Excellent accomodations: sauna, greenhouse, gardens, meditation rooms, etc.

THE DIVINE LOVE CENTRE FOR NOURISHMENT COUNSELLING AND EDUCATIONAL SERVICES, 1135 McClure Street, **VICTORIA**, B.C. V8V 3G3. Phone **(604) 381-3021);** William Watson, Raechel Kletzel, Co-Directors.

Phone for information or appointment or write for free brochure.

DYNAMIC HEALTH & AWARENESS CENTRE.

Make yourself the most energetic wonderfully alive, handsome, loving and youthful person you have the potential of becoming. The wonder of life is within. Find out how the body is a self-healing organism. Begin to be free by learning to listen to your body, mind and soul.

Workshops: Sept. 19th to Dec. on Balanced Nutrition; Food combining for best assimilation and absorption; Fitness, Causes of Disease; stress, emotional poise. Love and its importance in health, positive approaches to well-being and the Art of Natural Cooking; Tuition: $49 for 3 - 2 hrs. workshops.

Helen P.M. Jaworski-Ritchi Educator Iridologist and author of *Physical, Mental and Spiritual Health.*

EXPLORE a dynamic approach to greater healthful living and register NOW.

For more info call **926-3009. VANCOUVER.**

HOLISTIC HEALTH CENTRE
FLOTATION TANKS
738-4428
Applied Transpersonal Education

Offers a broad range of skills leading to the integration of mind, body, emotions and spirit within a transpersonal educational setting. Uses a series of tests designed to determine stress level, stress symptoms and teaches the ability to reduce the stress level and symptoms. Testing for stress age also. Biofeedback training and flotation tank techniques are taught for release of tension, stress reduction and meditational practices.

Emphasis is on self-directed development by direct practice. There are ongoing and periodic workshops and seminars; insight sessions involving individual and group work.

Day, evening and weekend sessions by appointment. Sliding scale fees. Associate membership are offered on a yearly basis. For information, call **738-4428,** or, stop at 2245 West Broadway, 2nd Floor, **VANCOUVER**, B.C.

As long as there is a place where you are vulnerable, the universe will find a way to contront you with it.
- Ram Dass

Words are valuable, but silence is precious.
- Inayat Khan

Don't be shy. When you visit a store, go to an event, or use someone's service, let them know you saw their listing in *COMMON GROUND.*

HEALTH, HEALING & BODYWORK

HEALTH TAPES

1. *world Without Cancer*, by Edward Griffin, the story of Vitamin B17 and laetrille.
2. *A Control For Cancer*, Ernest Krebs Jrs.
3. *Cancer & American Diet, Vitamin Therapy & Control*, Adelle Davis.
4. *You Master Key to Perfect Health*, Dr. Robert Preston.
5. *The Hypoglycemic Epidemic*, Dr. Harvey Ross. Health & Rejuvenation secrets around the world. Paavo Airola.
6. *How to Get Well*, Dr. Paavo Airola.
7. *Vita Flex, Colour Therapy & Healing*, Stanley Burroughs.
8. *Vitamin E and Proven Uses*, Dr. Wilfred E. Shute.
9. *Discovery of A & D Vitamin for Better Health*, Dr. Carl Reich.
10. *Herbal Remedies for Common Diseases*, Dr. Stan Malstrom.
11. *The Death of Cancer*, Dr. Harold Manners (2 tapes).
12. *Thyroid and Related Diseases*, Dr. Broda Barnes (3 tapes).

These tapes are available from: NUTRI HEALTH TAPES, P.O. Box 635 STN. A, **VANCOUVER**, B.C. V6C 2N5.

IRIDOLOGY INSTITUTE

IRIDOLOGY. A close inspection with one of the tools made available by our expanding technology, the iridology camera system reveals the iris of the eye to be a micro-computer readout of bodily functions and conditions that truly merits every thinking person's honest and fair-minded consideration. In this way, nature has provided us with a miniature television screen showing the most remote portions of the body by way of nerve reflex responses.

An analysis of your iris photo tells the location of disorder, inherent weaknesses and the areas of your body which need help. By focusing on strengthening these weaker areas, the idea of prevention can become a reality.

Holistic Healing using herbs and food, shiatsu and massage, yoga and meditation, reflexology, stress management, medical astrology, and numerology also available.

Call Gilles Brault, D.I.N.T. at **733-6230** between the hours of 9-5, or write to 3012 West 14th Ave. **VANCOUVER**, B.C. V6K 2X8.

THE PHOENIX CENTRE
For Health Self-Care

Phoenix Centre is a non-profit educational organization whose purpose is to provide a wider range of programmes designed to teach the principles and practices of self-management.

Fall Programmes

- **Nutrition:** Alan Martin, M.A. One Day Workshop — $45.
- **Yoga:** Anne Gregory, M.S.R., *Introductory*-10 Tuesdays — $45; *Level I*-10 Tuesdays — $45; *For Problem Backs*-6 Mondays — $65.
- **Communication:** John Mate, M.A. *For Individuals*-4 sessions — $65; *For Men*-4 sessions — $65; *For Couples*-4 sessions — $120.
- **Stress Management:** Beverley Kort, M.A., Friday Evening, Saturday & One Evening — $75.
- **Prenatal Fitness:** Simone Wilson. Monday & Wednesday Evenings - 8 sessions — $40.
- **"Where Do I Go From Here?"** Limited Enrolment! *The Search For An Integrated Body - Mind - Spirit*, Charles Gregory, M.D., Anne Gregory, M.S.R. — $125.
- **Assertiveness:** Martin Shoemaker, Ph.D. Friday Evening, Saturday — $50.

Sessions commence September, 1983 1983.

For further information and registration phone **873-1315.** Charles Gregory, M.F., F.R.C.P. (C), Executive Director; Beverley Kort, M.A., Programme Director.

645 West 8th Ave., **VANCOUVER.**

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REICHIAN BODY WORK

REICHIAN BODYWORK works directly with the body to harmonize and balance the bioenergy system. The objective is to enhance a person's physical, emotional and spiritual sense of well-being and to reclaim a sense of personal knowing, of self as well as of others.

Central to all bodywork forms is the concept of a vital force — a life energy that may be blocked from natural expression. This blocking, or armoring of ourselves, tightens our musculature and inhibits our full movement in the world. The breath is a route into the unconscious, bridging unconscious and conscious awareness. With proper guidance this allows for a psycho-physical-spiritual integration to take place.

This approach is integrated with other methods utilizing my background in Gestalt, meditation, psychodrama, various bodywork and self-healing methods, imagery, dreamwork, Focusing, NLP and Ericksonian Hypnosis.

I completed an internship in Reichian work, am a graduate of The San Diego Gestalt Training Center, a certified teacher of Focusing, a certified Neuro-Linguistic Programmer, have an MBA from SFU and presently am a doctoral student in Human Systems Science at Saybrook in San Francisco.

For further information or a free copy of *The Bioenergy System, Restoring the Wisdom of the Body*, please call **Ian Macnaughton** at **222-2244. VANCOUVER.**

RON V. KIRKBY, Ph.D.
Aston-Patterning
BODY WORK

People tie themselves up with tension — through the back, e.g., or the neck and shoulders — often to the point where they hurt. In most cases, the ultimate cause of the tension is what and how people think, how they live.

I use Aston-Patterning body work to release the deep-set tension in the muscles and sinews of the body, so that a person can relax his/her physical body into a more comfortable and more easily moving shape. And I help him/her to let go of structures of thought and feeling which power the physical problems in the first place.

The result of letting go of tensions and conflict in the mind and in the body is freedom from pain and constriction, if this is the issue for you. And as you learn to let go in your body and your thoughts, your (relaxed) command of the complexities of your life grows apace.

In **VICTORIA**, I can be reached at the **Victoria Wellness Centre, 382-2311;** and in **VANCOUVER**, Mr. Doug Talling, **876-6474**, handles my appointments.

SELF-HEAL
TEAS • SPICES • COSMETICS • BULK FOODS •

Self Heal Centre is dedicated to natural holistic healing. Our retail store provides herbs, vitamins, natural cosmetics and bulk foods. We take special pride in our high quality tinctures, medicinal oils and salves made with wildcrafted and organically *cultivated botanicals, harvested and* processed by experienced Herbalists.

Our staff consists of female and male certified herbalisits and apprentices. **Don Ollsin, C.H.** and **James Green, C.H.**, holistic health advisors, offer **private consultations** using iridology, herbology and nutritional counselling. **Mindy Green, C.H.** provides knowledge of feminine care, herbal cosmetics and nutrition.

Periodically, we offer **classes** and **lectures** dealing with alternative health care.

Our extended family includes a **reflexologist**, a **homeopath, dream facilitators,** and **Sunshine's Tea and Lunch**, a vegetarian restaurant.

SELF HEAL HERBAL CENTRE, 1221 Wharf St., **VICTORIA**, B.C. V8V 1T8. (604) **383-1913.**

HEALTH, HEALING, & BODYWORK

SHARI
SHIATSU THERAPIST

Shiatsu is an ancient form of oriental touch therapy. Based on the principals of acupuncture, shiatsu, or acupressure, follows the same energy meridians using a manual technique instead of needles.

Dating back thousands of years, the discipline has long been accepted in the east as a practical and pleasurable form of preventative medicine. The pressure-point method is very effective in the relief of stress-caused tension, inducing a tremendous feeling of relaxation. Shiatsu also stimulates the circulation, invigorates the skin, and promotes suppleness in muscle tissue.

A full body treatment lasts just over and hour and costs $30; a neck and shoulder treatment of twenty minutes is $10.

Shari at TRIANGLES — 2036 West 4th Ave., **VANCOUVER, 736-5494**

SPINOLOGY
UNLEASHING HUMAN POTENTIAL
T.M.

A one-year resident program leading to certification and a professional career in private practice.

Certified Spinologists work on the bones of the spinal cord from any bony obtrusion. In this way they help to restore the body to a state of innner integrity and harmony and thus contribute to greater expression of human potential and a more harmonious world.

New enrollments are accepted each January, April and September. Day session from 9:00 a.m. to 1:00 p.m. or evening session from 6:00 p.m. to 10:00 p.m. State licensure is not required. Send $1.00 for catalog.

Philadelphia Spinal Tutorium, 7151 Frankford Avenue, Dept. BC, **PHILADELPHIA,** PA. 19135. **(215) 624-8700.**

San Francisco Spinal Tutorium, 2200 Central Avenue, Suite 235 BC, **ALAMEDA,** CA. 94501. **(415) 523-3000.**

Still Mountain Society
Natural Living

Since 1978 STILL MOUNTAIN SOCIETY has been offering programs at White Spruce Farm, a learning center situated on 250 acres in the Canadian Rockies. It is a non-profit educational organization whose aim is to promote a way of life that is in harmony with nature and that allows us to take direct responsibility for our own health and happiness.

Classes are given in organic gardening, macrobiotic cooking and philosophy, herbs and wild plants, natural healing, and shiatsu massage.

For further information and a free brochure write or call:

STILL MOUNTAIN SOCIETY, R.R. #1, **FERNIE,** B.C. V0B 1M0. **423-6406.**

Directors: **Duncan Sim, Susan Sim, Leona Gadsby**

Programs to Note:

Workshops throughout Western Canada **from October until April.** Watch for posters in your area.

TOUCHPOINT REFLEXOLOGY

REFLEXOLOGY is used to reduce tension and restore the body's natural rhythm by ensuring that the 'energy paths' of the body are unobstructed. The relaxed state which reflexology induces is brought about by applying a compression technique to reflex or pressure points in the feet or hands which produces a response (reflex) in the corresponding organs of the body. Circulation is stimulated, tension is reduced and health, in general, improves.

The Canadian Institute of Reflexology is both a centre for the study of Reflexology and a place to obtain a relaxing session. Muscle-testing and balancing is also available. Sittings are performed by **Yvette Eastman,** founder and director of the Yvette Eastman Method of Refloxology Ltd., who has her practice on the premises. Yvette is your seminar and workshop instructor.

Certification seminars: October and May.

For information regarding seminars or reflexologists in your area contact: **Yvette Eastman Method of Reflexology Ltd.,** CANADIAN INSTITUTE OF REFLEXOLOGY, 49 Queens Street, **PORT MOODY,** B.C. V3H 2N3. Phone: **(604) 936-3227.**

THE TRAGER INSTITUTE

Trager Psychophysical Integration™ and Mentastics™ is the dynamic approach to movement re-education developed by Milton Trager, M.D. The purpose of The Trager Approach is to influence the release of deep-seated restrictive patterns in the body-mind. Trager reverses the process of restriction, bringing about feelings of agelessness and well-being.

A comprehensive Training Task leading to certification has been developed and implemented by The Trager Institute, a California not-for-profit public benefit corporation. Continuing Education Credits for Nurses registered in California is available. Trager trainings are offered across the nation and around the world.

For more information, training schedules, and practitioner referrals, contact: Betty Fuller, M.A., Director, THE TRAGER INSTITUTE, 300 Poplar Ave., Suite 5BC, **MILL VALLEY,** CA. **94941. (415) 388-2688.**

Vancouver Reflexology Centre

The Centre offers monthly weekend workshops, evening classes commencing each month, private sessions by appointment, an informal **free** gathering every Monday 7-9:30 p.m. (except Public Holidays), books and charts for sale, and a small reference library.

Foot Relexology is a potent and safe method of relaxing and revitilizing the whole body and is encouraged as a pleasant, healthy way to spend time with friends.

The weekend workshop or evening class series prepares you to competently practise Foot Reflexology with 16 hours instruction in the theories and technique. $75 one person, $65 per person for two or more.

Indulge yourself in the luxurious pleasure of private sessions: $12 or 5 session $50.

VANCOUVER REFLEXOLOGY CENTRE, Suite 101, 1045 West Broadway, near Oak St., **VANCOUVER** V6H 1E2. **733-2163.**

WESTSIDE NATUROPATHIC CLINIC

Naturopathic Medicine is a family oriented healing profession which seeks to restore the natural balance of health to the individual. The Naturopathic Physician chooses from among the many natural modalities, the most appropriate to engage and stimulate the individual's vital energy.

Nutrition is the cornerstone of our approach while herbal and homeopathic medicines, physiotherapy, manipulation, colonic irrigation, acupuncture, acupressure and other natural therapies are used when necessary to promote healing and the re-establishment of harmony.

Each human being deserves personal attention and respect in order ro evolve along his/her own individual path. We hope to be of assistance to this process.

Sid Weiss, N.D., Tom Glew, N.D., 2585 West 16th Avenue, **VANCOUVER,** B.C. V6K 3B9, Phone: **738-4085.**

Life is either a daring adventure or nothing.
- Helen Keller

Be not simply good; be good for something.
- Henry David Thoreau

FRIENDS OF COMMON GROUND

If you would like to support the growth of **Common Ground**, you can sponsor a group or service yuou feel deserves more notice. We also have a suggestion list on file. Send donations c/o **Common Ground**.

HEALTH, HEALING, & BODYWORK

REGISTERED MASSAGE THERAPISTS

Sally Cole, Registered Massage Therapist, and **Jane Bellinger,**, R.M.T. welcome old and new patients at **Demeter Health Studio.** Coverage under B.C. Medical Plan with doctor's referral. By appointment only. 2847 West 4th Ave. (at MacDonald), **VANCOUVER,** B.C. **733-9017.**

INTEGRATED HEALTH CENTRE

INTEGRATED HEALTH CENTRE
Launa Colombis, Co-ordinator
Mary Ann Code, R.M.T.
Ashala Jansen, R.M.T.
Judith Khouth, R.M.T.
Audrey Sutton, R.M.T.
Derek Youngs, R.M.T.
4676 Main St., **VANCOUVER,** B.C.
Phone **879-2319** for appointment.

ACUPRESSURE THERAPY
PAT NOVOTNY

This form of acupressure is a meditative method of holding acupressure points simultaneously to release muscle tension and bring about emotional and spiritual peace.

It allows one to fall into a state of deep relaxation and awareness, enabling the body, mind and spirit to harmonize.

For appointment call **734-3152. VANCOUVER.**

BODYWORK MOVEMENT/MASSAGE
LAURIE DE JONG

Increase your sense of general well being and learn how to deal with specific physical problems. Integrated approach of massage and exercise to promote relaxation, postural alignment and ease of movement. Individual sessions, ongoing classes, workshops.

734-3256 or **224-0776** for information.

BODYWORK THERAPY

Energy Flow: When you are satisfied with how you express yourself creatively, with how you communicate, with your sexuality, with your health and productivity (sufficiency), your Energy Channels are open, the energy flowing. You expand naturally and uniquely. You get to be who you are, and allow who you are to be!

Energy Blocks: Stress situations that repeat themselves even when circumstances change (i.e. different city, same blues; different relationship same hassle) are a result of holding patterns in the musculature, connective tissue, posture and psyche. Release the tension held in at those levels, and the energy will flow.

Energy Contracton: Difficulty in saying I love you / I need you / No / Yes; dis-ease; addiction; pain in the neck, tight shoulders; poor self-image; shortness of breath; tension. Bodywork teaches how to expand energy.

My Bodywork: I use principles and techniques from Reichian Therapy, Postural Integration, The Richard System, Swedish lymphatic connective and psychic massage, Gestalt, corrective tissue, Lomi, Polarity, Synergy, Dance, Movement therapy, bio-energetics, Yoga, meditation, intuitive/sensible nutrition, contextual approach, truth and love. **Philip Clement.** Health Enhancement Centre, 2021 Columbia St. **VANCOUVER,** B.C. **733-6350.**

Workshops in Healing Strategies for 'special need' groups; consultations and private sessions.

CERTIFIED IRIDOLOGIST
IRIS ANALYSIS —
A DRUGLESS WAY TO WELLNESS
Gerona Alderin
(name changed from Margaret Brodie)

Iridology is the science of analysing the iris of the eye to determine weaknesses and strengths in the body.

I have had extensive training at two qualified Colleges, with two practising iridologists, and with Dr. Bernard Jensen who was named doctor of the year in Belgium. He has perfected the iridology chart and has had 55 years clinical experience.

During the iris analysis, I pass on this great knowledge and I teach others to help themselves to wellness. We can discuss natural, drugless methods of overcoming present health problems and prevention of illness such as nutritional programs, home colonics (detoxification), exercise, herbs, supplements and positive attitudes.

I have overcome gallstones, kidneystones, incredible allergies, fluid retention, and lumps on my breasts through natural methods.

I teach classes in iridology and wellness. For an appointment please call **525-7871. NEW WESTMINSTER,** B.C.

COLON HEALTH PRODUCTS
LYNKAN GREEN HARVEST

We distribute quality nutritive products for purification and rejuvenation of colon and tissues. A toxic colon is often the cause of many common health problems. Call **JiJi** or **Graeme** at **733-7891** or **738-2464** for information and excellent prices on liquid Bentonite, cereal grasses (Barleygreen, Greenlife), liquid calcium, other Sonne products, and colema boards. **VANCOUVER.**

DISPENSABLE HEALING CENTRE

Workshops and activities to heal and transform our body/mind/spirit. Fall program includes polarity, vitaflex, orthobionomy, colour, shiatsu by local pracitioners. Weekly Reiki and tapes by Hugh Prather. Calendar. Call **384-5560.** Write: 403A Kingston, **VICTORIA** V8V 1V8.

HERBAL CONSULTATIONS
JUDY NELSON, C.H.

By appointment only, 7527 Kingsway (at Stride Ave.), **BURNABY,** B.C. Phone **521-5822.** Judy is Vice-president and Dean of Dominion Herbal College.

Basic herbal seminars, sponsored by the Dominion Herbal College, are now being planned. For times, dates and information call **521-5822.**

IRIDOLOGY AND TONING
ROB BEDALL

I use iris diagnosis and intuitive knowledge to determine a person's weaknesses and needs, both physical and emotional. I recommend herbs, foods, Bach flower remedies and toning sessions as remedies. (Toning is the use of the voice to promote energy flows to heal and to relieve emotional accumulations.)

Call **733-6410** or **684-4911** (Healthway Natural Foods). **VANCOUVER.**

LIVING WITH A HEARING LOSS
JENNIFER SHIFRIN

Counselling for people who know or suspect that they are gradually losing their hearing, and for their relatives and friends.

For further information, see PSYCHOLOGY. . . pg. 27. Call **731-1062. VANCOUVER,** B.C.

THE MIRACLE OF GEROVITAL
CLAYTEN VANCE

Gerovital H3(GH3) has been called the fountain of youth, the miracle anti-aging vitamin, the total rejuvenator. Is it effective against such degenerative diseases as senility, arthritis, rheumatism, muscle fatigue, depression, stress, poor circulation, age spots, varicose veins, greying hair, balding and wrinkles?

For complete information on Dr. Ana Aslan's Romanian formula, now available for your own personal use, call **Clayten Vance, 733-4180. VANCOUVER.**

NUTRITIONIST
VASANTO LOUISE CRAWFORD

Vasanto combines an Eastern with a Western understanding of nutrition in her groups and individual sessions. Sessions are most frequently for nutrition and fitness, weight loss or food allergy, and include computerized dietary analysis.

Vasanto can be reached at **731-5030,** or by leaving a message at U.B.C. where she teaches **(228-2502). VANCOUVER,** B.C.

POLARITY BODY HEALING

Polarity body healing can release the blocks in the way of your aliveness and bring your energy back into balance. Polarity is so powerful and effective because it works with the source of health — life energy. **Sherrill Craig, 733-1706. VANCOUVER.**

ROLFING
MARTEN GABRIEL —
ADVANCED ROLFER

LAARA GABRIEL —
ROLF MOVEMENT TEACHER

Telephone for appointment: **946-9475. LADNER,** B.C.

SHIATSU THERAPY
IDA WONG

A Japanese therapy using finger pressure along acupressure meridians. It is excellent for stress and tension related problems. Ida Wong has studied with Mitsuki Kikkawa of Toronto and Shizuto Masunaga.

For appointments call: **734-0181. VANCOUVER,** B.C.

SHIATSU WORKSHOP
OCTOBER 15-16 (Beginners)
NOVEMBER 19-20 (Intermediate)

The Beginners level will show how to give a basic relaxation treatment.

The Intermediate level will delve into the theoretical and practical aspects of Oriental healing.

Pat Novotny has studied acupuncture in Sante Fe.

Ida Wong has studied with Mitsuki Kikkawa of Toronto.

For information call **734-3152.** Cost: $80 weekend, $50 1-day, **VANCOUVER.**

STRESS MANAGEMENT
LIFESTYLE COUNSELLING

Stress is unavoidable. Relaxation and right attitude are key techniques to controlling your reactions.

Increase your energy, health and well-being by learning to make appropriate choices in your life. Individual sessions and classes.

Karen Sullivan, B.Sc, M.A., Vancouver Health Enhancement Centre, 2021 Columbia St., **VANCOUVER. 733-8987.**

FOR ADDITIONAL HEALTH CENTRES, SEE "THE NATIONAL RESOURCE" SECTION

Photograph courtesy of BCTF Newsletter

MOVEMENT & SPORTS

KEMPO KUNG-FU

We are a school of Chinese origin, teaching unarmed self-defence, with no-contact sparring. Individual instruction in a relaxed, open atmosphere fosters the essential art of this discipline.

KUNG-FU IS A WAY OF LIFE. Its essential purpose is to enable you to discover your full potential — physically, emotionally and spiritually.

Drop in or make an appointment and learn how an ancient and honorable art is taught in a modern, responsible manner.

In Vancouver since 1972 (formerly Simon Kung-Fu Studios). **Kempo Kung-Fu** has been owned and operated since 1974 by Wayne Thomas, 4th degree black belt and Red Sash.

Introductory course, $60 a month.

Clubs in **VANCOUVER**, 4105 Fraser St. **872-0368**, and in **SURREY**, 10641 King George VI Hwy., **585-3544.**

Since its inception in 1971 **Synergy Movement Workshops** has offered a unique approach to dance in Vancouver. It combines physical movement training with an equal emphasis on personal awareness and self-expression. The approach is a holistic one because, at **Synergy**, we consider not only the physical health of our participants but also their mental well-being.

In the **Body Workshops** basic and advanced techniques of modern dance and ballet are applied in a non-competitive, informal manner. The **Movement Improvisation Workshop** develops and encourages creative, spontaneous dance.

Fees: All workshops $24 monthly or $7 Drop in. Led by **Mary Craig.**

Times: Body Workshops - Tuesday (Beginners), Thursday (Continuing); 5:30-7:30 p.m. Movement Improvisation Workshop — Tuesday (Open to all levels) 7:30-9:30 p.m.

SYNERGY MOVEMENT WORKSHOPS, 3488 West Broadway, **VANCOUVER,** phone **738-7425.**

TAI CHI

An ancient and unique Chinese Martial Art emphasizing strength, suppleness, balance, co-ordination and agility. Tai Chi can be a total system of exercise incorporating mental as well as physical descipline. Suitable to people of all ages, young and old, Tai Chi has been known to help with the elimination and prevention of many illnesses and internal disorders.

PHYSICAL FITNESS
SELF DEFENCE
MENTAL DISCIPLINE

The school is now in the process of acquiring a year round live-in retreat centre within the B.C. Gulf Islands.

Classes in Tai Chi are offered throughout the Vancouver, North Vancouver, West Vancouver, Surrey and Victoria areas. Ask about our teacher apprenticeship program.

Contact CANADIAN INSTITUTE OF TAI CHI, 1448 West Broadway, **VANCOUVER,** B.C. Call **731-3021.**

WHOLISTIC CENTRE

We believe in balance of mind, body and spirit in all aspects of life.

Our Philosophy integrates understanding, personal commitment and the internal and external forms of physical, emotional and spiritual practice, all combined as wholistic tools to self-awareness and self-discipline.

These tools are the prime necessities to realize and discover ourselves and others as WHOLE and total beings.

THE WHOLISTIC HEALTH & MARTIAL ARTS CENTRE offers classes on Tai-chi, Karate, Kung-Fu, Wholistic Martial Arts, Aerobic Dance, Nutrition, Retreats, Yoga, Arnis, Shiatsu, Reflexology, Meditation, Seminars, Wholistic Products.

15 Kingsway, **VANCOUVER**, B.C. V5T 3H7, corner 7th Ave. & Main St. **879-9964.**

AIKIDO
LIDIA WOLANSKYJ

Aikido, the Way of Harmonious Energy, is a non-competitive Japanese martial art, using dynamic principles in partner and group practice. Students learn to effectively neutralize an aggressive situation through body movement, pins, locks, and throws, and most of all, attitude.

For more information, **732-0169, VANCOUVER,** B.C.

T'AI CHI CH'ÜAN
WAYNE PALLANT

T'ai Chi combines slow, rhythmical movements, a relaxed breathing pattern, and a concentrated mind. The movement patterns are reminiscent of a dance. The motion is regulated by the principles of Yin and Yang.

For information about classes, phone Kitsilano T'ai Chi Center, 1695 W. 7th, **VANCOUVER, 733-7558.**

WADO
INNER SELF-DEFENSE

Applying the principles of external martial arts in a dynamic, meditative way, so that the energy and intention of the "attacker" is accepted and directed by the "defender" in a controlled way "to the greater good of all concerned."

Women's and Children's Classes focus on physical and psychic awareness and assertiveness. Tuesday — Thursday, 6 p.m.

General Classes: Renfrew Community Centre, 2929 East 22nd Ave., **VANCOUVER, 434-6688** or **324-4216.**

PSYCHIC ARTS & INTUITIVE SCIENCES

Astro*Carto*Graphy

Are you in the right place? Is there a system of geographical "power points" that contributes to people's success or difficulties in various locations?

Astro*Carto*Graphy answers these questions, showing where you can find love, spiritual evolution, community, prosperity, right work or any other human potential, by computer-calculating your horoscope geographically. Your individual map of planetary power zones indicates where you can change the emphasis of your horoscope and bring new, more positive forces into action. Complete with interpretation manual by astrologer Jim Lewis it's fully guaranteed. *East West* called Astro*Carto*Graphy a "major tool for the holistic understanding of life."

Find yourself, and some new options!

Send $18 with date, place and time of birth (time required), or request free information.

ASTRO*CARTO*GRAPHY, Box 959BC, **EL CERRITO,** CA. 94530.

Perception is not a fact, but a reflection of the beliefs of the perceiver.
- Burt Hotchkiss

It's much easier to ride the horse in the direction that it's going.

One good way to conquer fear is to be willing to be afraid.

PSYCHIC ARTS & INTUITIVE SCIENCES

PYSCHIC HOLISTIC ESP FAIR

4th ANNUAL
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SEPTEMBER 22, 23, 24, 25
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PSYCHIC PHENOMENA	HOLISTIC HEALTH
NEW AGE PRODUCTS	HUMAN POTENTIAL
SPIRITUAL GROUPS	TALKS & LECTURES
MOVIE THEATRE	E.S.P. TESTING
WORKSHOPS	& MUCH MORE

The E.S.P. Fair is an annual event held in many major cities around the world. The Co-ordinating centre of these Fairs in Vancouver, rents & exhibit space to Individuals and Groups involved in the Psychic, Spiritual, Holistic and/or Self Development and related fields.

Each Fair tends to draw 6,000 or more people during a four-day period — an effective market place for networking and the "New Age". Booth space now available for Fall Fairs.

For information or to participate contact Mike O'Brien, Bonnie Brown or Jo Durst at 3724 West Broadway, **VANCOUVER**, B.C. V6R 2C1. **224-6013/224-2204.**

LEO MOON

LEO MOON METAPHYSICAL CONSULTING CENTRE & STORE offers a wide variety of readings, books and gift items for the person interested in **metaphysics**. Readings are available in the areas of Astrology, Numerology, Psychic Arts, Psychometry, Crystals, & Palmistry. It also has available Reflexology, Past-Life Drawings, Guide Drawings, Aura Drawings & Past-Life Regressions.

Classes & Workshops are held regularly. LEO MOON also carries Women's Books, and a huge selection of crystals. It is also a distributor of HUGS CANADA products.

We are right on the bus route from Vancouver, Bus #351. Most Saturdays we have a Psychic Fair. For appointments or enquiries, phone (604) **536-1220**, or visit us at #103 - 1548 Johnston Road, **WHITE ROCK**, B.C. V4B 3Z8.

Washington Psychic Institute
Church of Divine Man
IN VANCOUVER

The **Washington Psychic Institute**, the Seminary of the **Church of Divine Man**, is founded on the principles of free will and personal growth and offers individuals a place to experience and learn about their spiritual psychic abilities. Offered are:

BASIC CLASSES: 8 week classes in Spiritual Healing and Psychic Meditation; also a One-Year Clairvoyant Training Program.

INTRODUCTORY ACTIVITIES OPEN TO THE PUBLIC: A weekly Healing Clinic, 2 times monthly Psychic Reading Demonstration, Workshops, and by appointment, 2½ hour taped aura readings.

WPI/CDM was founded in Seattle, WA, in 1976 and currently has eight locations from Portland, Oregon to Vancouver, B.C. Affiliated is the Berkeley Psychic Institute/CDM with branches throughout California.

Location: 655 W. 7th Avenue, **VANCOUVER**, B.C. V5Z 1B7.

For brochure or further information call **879-8707.**

ASHLEIGH YORCK
ASTROLOGER

Readings: Natal Interpretations; relationships; forecasts for the coming years; rectification of unknown birth time; children.

Astrologer Classes: Beginners — Tuesday evenings starting Sept. 20th, Intermediate — Thursday evenings starting Sept. 22. Both classes are 10 weeks.

For appointment or information, **688-2763. VANCOUVER.**

CLAIRVOYANT CONSULTATIONS, SPIRITUAL HEALING
REVEREND CHRISTOPHER SHIRLEY

Clairvoyant consultations (aura readings) clarify your present reality, facilitating self-determination and personal growth. Taped $45.

Spiritual healing allows you to centre yourself, discard foreign energy, enhancing your energy's natural flow. $10 session.

Aurion Associates, Suite 101, 1045 West Broadway, **VANCOUVER**, B.C. V6H 1E2. **733-2163.**

PSYCHIC PALM-READING
ANNE MCMURTRY

My hand-reading has developed over the years and I am now finding that the lines on the hand are just the starting point in this journey of exploration into the self.

Calle **Anne** at **734-8219**. **VANCOUVER.**

TAROT CONSULTATIONS

If you would like more insight into your personal future, give us a call. Understand yourself and the options open to you.

Call **Daniel** or **Isobel** at **681-7645** for appointments. Evenings or weekends. **VANCOUVER.**

TAROT READING

An ancient Egyptian word, the TAROT means the "Wheel of Relationships". These 78 pictorial keys represent the principles one discovers on the path of self-knowledge and awareness.

For appt. call **Shawnah, 433-0315, VANCOUVER**, B.C.

TAROT READINGS

As a wake up call to remembering the beauty of who you are.

Tarot workshops will be starting October 13th, 1983.

Enquiries and appointments call LorRaine **261-8324, VANCOUVER,**

PSYCHOLOGY, THERAPY, & COUNSELLING

ALPHA
ALPHA SELF DEVELOPMENT

HYPNOSIS
- Weight Control
- Stress Control
- Increase Self-Confidence
- Stop Smoking
- Other Programs Available

LOCATIONS AND OFFICE HOURS:
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#625-925 West Georgia St.
VANCOUVER. Phone **681-7388.**
9 a.m. - 7 p.m. Weekdays
8 a.m. - 2 p.m. Saturday
- #210-2309 West 41st Ave., Kerrisdale
VANCOUVER. Phone **266-3617.**
10 a.m. - 6 p.m. Weekdays
(Other times available by special arrangement.)
- #301-321 6th St.
NEW WESTMINSTER. Phone **525-3123.**
9a.m. - 5 p.m. Weekdays
(Other times available by special arrangement.)
All CHA certified therapists.

If you want to know what tomorrow will be like, look at your attitude today.
- Jason Doty

Each of us is — potentially — the difference in the world.
— Marilyn Ferguson

Aim high and you will get there.

PSYCHOLOGY, THERAPY, & COUNSELLING

ACCELERATING THE PROCESS OF CHANGE

POWERFUL CHANGE TECHNIQUES THAT WORK

These skills can be used by professional therapists, counsellors and by individuals for self-improvement.

HANDWRITING ANALYSIS

- identify self image problems
- identify areas of inhibition and repression
- identify personality imbalances

REFRAMING (NLP)

- how to reframe content
- how to reframe experience
- 6 step reframe

GRAPHIC PSYCHOTHERAPY

- how to design graphic exercises
- how to expand a persons choices
- how to make change permanent

THIS 8 WEEK WORKSHOP WILL GIVE YOU:

- a quick and powerful assesment tool
- two powerful techniques for *Accelerating the Process of Change.*

Cost $160.

For course date information, call PROSPERITY ENTERPRISES **733-4180**, or THOMAS LUNDE, **733-2323, VANCOUVER.**

CANADIAN HYPNOSIS ASSOCIATION

Hypnosis is best defined as "a deeply relaxed state of focused concentration." The simple techniques of hypnosis or self-hypnosis once learned become a very powerful tool to assist the individual in achieving his foremost wants and desires in life.

Of course, desires vary greatly from person to person. Hypnosis is being used effectively to eliminate phobias and bad habits such as smoking, overeating, nailbiting and bedwetting. Many others have utilized it to improve concentration for sports performance, for increasing study and learning habits and for simple stress reduction. The list could go on and on.

If you strongly desire some change in your life, chances are very good that hypnosis can help.

THE CANADIAN HYPNOSIS ASSOCIATION (est. 1979) is a non-profit organization dedicated to increasing public awareness on the true value of hypnosis. Included in the membership are a group of fully trained and well qualified hypnotherapists.

If you would like more information on hypnosis and THE CANADIAN HYPNOSIS ASSOCIATION, write to: THE C.H.A., M.P.O. Box 3397, **VANCOUVER**, B.C. V6B 3Y4

The C.H.A. has also set up a referral line in Vancouver at: **689-9612**, with a listing of the hypnotherapists in your area. By using this free service you will be assured of finding a professional in the field who has met and maintained all of the standards necessary to be certified by the association.

ANNE E. DAVIES, M.A.
COUNSELLING & THERAPY

My practice is principally individual counselling and therapy with women who are dealing with life issues and stress. I specialize in the area of sexuality and work with women both individually and in groups to assist them in the resolution of sexual difficulties. I do several groups each year directly related to women's sexual issues and several more for preorgasmic women.

My partner, Brian Fisher, counsels both adults and adolescents. As cotherapists we do relationship counselling, family therapy, communications training and work with couples experiencing sexual difficulties. Our fall **couples' workshop** will be held in **October.**

We also offer professional vocational counselling for people experiencing employment problems or job dissatisfaction. Our eclectic approach includes encounter, gestalt, bio-energetics, body work, and fantasy in addition to traditional counselling forms.

Our office is located at the junction of two major bus routes and we have both day and evening appointments available.

For information on fees, upcoming groups or to make an appointment, call **Anne Davies**, 210 - 1548 Johnston Road,**WHITE ROCK**, B.C. V4B 3Z8, (604) **531-8555.**

I AM

I Am Deep Relaxation Tapes use self-hypnosis techniques to help you program your own mind to experience a state of deep peace and relaxation, then use ideas found in "the Seth philosophy" and *The Course in Miracles* to help you achieve your optimum potential. You are introduced to the idea of using trigger gestures and phrases that allow you to re-experience that peace at time of stress when it is not possible to listen to the tapes.

Tapes available: Good Health, Childbirth, Migrane headache, Studying, Sleep, Creativity, Stop Smoking, Weight-Loss, Depression, and Sports Performance.

Information and reading list also available. To order, send $13.95 per tape to: I AM DEEP RELAXATION TAPES, 919 Cowrie St., **SECHELT**, B.C. V0N 3A0. Phone inquiries: **885-2527.**

IPM

A program that is helping hundreds of thousands of searchers throughout the world learn more about themselves and the universe in which we live.

National Office: Station B, P.O. Box 1138, Ottawa, Ont. K1P 5R2.

THE INNER PEACE MOVEMENT OFFERS YOU

- The Orientation lecture
- Leadership Training Courses
- Weekly Discovery Groups
- Home Study Subscription Program

THE ORIENTATION LECTURE. This presents the individual with an expanded view of himself and the world around him. The lecture helps a person better understand his experiences in life and discover new dimensions of his own inner potential.

WEEKLY DISCOVERY GROUPS. These are composed of people in the community who are interested in unfolding a more successful way of living. The principal goal is to learn how to become a master of yourself and a more effective leader.

In Greater Vancouver — TUESDAY — weekly presentation

- Orientation Lecture
- Exploring Inner Dynamics Workshop

Telephone: Gwen McGregor **733-1793**, Sonja Clark, **986-8412. VANCOUVER.**

I*AM

Institute of Applied Metaphysics | Institut de Métaphysique appliquée

The Ultimate You: A voyage into the unlimited possibilities of your mind.

Your mind is by far the greatest single source of energy to which you have access. However, just like any other source, it has to be located, explored and harnessed.

This is what **The Ultimate You** is all about.

The Ultimate You is a voyage into the unlimited possiblities of your mind. . .an expedition to the very core of your being.

The Ultimate You is an exploration of your yet untapped potential. A discovery of the awesome and yes, sometimes ominous powers of your mind. It is an open door into the wonderfully enriching world of dreams, reverie, fantasy, creativity and symbology. A direct link into the innermost recesses of your memory — a memory that may well take you beyond your present existence.

The Ultimate You is more than a lot of beautiful abstract things, it's also a simple, step-by-step path to self-discovery, self-knowledge and ultimately . . .self- love.

For course calendar information and information regarding I*AM Publications, please call **433-0315. VANCOUVER.**

Cheryl Hills-Wright

* Renascential Counselling

4491 Blenheim
Vancouver, B.C.
V6L 2Z8

734-0915

N.L.P., Eriksonian Hypnosis and guided meditation are used to restore the body's wisdom, so that change and growth can come from within.

* Renascential: of being reborne; spring up again; showing new life and strength; reviving.

"The body has it's way of speaking in whispers when it wishes" Fredrick Ward. 1975.

PSYCHOLOGY, THERAPY, & COUNSELLING

SELF-IMAGE DEVELOPMENT THROUGH VIDEO

Self-image affects what we think we can be and do in life. Most of us have a self-image formed in our early teens — one which now limits creative expression in our physical appearance, feelings, behavior, skills and talents.

Maureen McDowell uses Video and counselling to reconnect you with valuable fun-loving parts of your unique personality, integrating them into a new, more creative and alive "you".

Format:

- Individual Video/Counselling Sessions
- All You Can Be Workshops: movement, music, play, Video feedback.

Beneficial for:

- people experiencing personal, lifestyle, career changes
- professionals in media, business, performing arts who want to develop skills in self-presentation

Maureen is a social worker with 14 years' experience in personal, sexual and relationship counselling.

MAUREEN McDOWELL, M.S.W., 1295 Johnston St., **VANCOUVER**, B.C. V6H 3R9, Phone: 688-7148.

LIVING WITH A HEARING LOSS

JENNIFER SHIFRIN
HEARING LOSS COUNSELLOR

Counselling for individuals, couples and groups is offered for people who know or suspect that they are gradually losing their hearing.

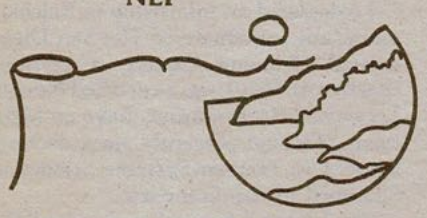
Information is provided regarding types and degrees of hearing loss, what can and cannot be done, hearing aids and lipreading. Counselling includes examination of common *misconceptions* about hearing loss (going deaf means going senile; hearing aids solve **all** hearing difficulties; losing one's hearing means losing control over one's life.)

Issues dealt with include: **embarrassment** related to hearing aids; **explaining** your hearing loss and your **needs** as a hearing impaired person; acknowledging difficulties in following conversation rather than nodding smiling and **faking**; **frustrations** experienced by hearing people; **loneliness**. Exchange is encouraged between hearing and hearing impaired people.

For information call or write: **Jennifer Shifrin**, 3256 West 3rd Avenue, **VANCOUVER**, B.C., **731-1062.** Jennifer Shifrin's training is in **Speech and Hearing Disorders** (Israel), **Educational Psychology** (Manitoba), and **Humanistic Psychology** (Antioch University).

Weekend workshop Scheduled Oct. 7-11, 1983.

NLP



HYPNOSIS COURSES

NLP CERTIFICATION COURSES including:

- NLP Introductory classes.
- Metaphor Workshops
- Hypnosis Seminars
- Certification Trainings for the programmer and masters levels of NLP.

Training will be done by the NEURO-LINGUISTIC PROGRAMMING CENTER FOR ADVANCED STUDIES, Larkspur, California, founded by Leslie Cameron-Bandler.

These courses will be presented in Vancouver, Victoria, Seattle, Calgary and Edmonton on a continuing basis. On Saturday and Sunday, November 26th and 27th, 1983 we are happy to announce that **David Gordon** will be in Vancouver presenting *The Metaphor Workshop* (for more info, see section on SPECIAL EVENTS).

We are very excited about the quality of our trainings, and our progress in formalizing the materials of NLP. Ours is an ever-evolving, leading-edge technology for human communication and transformation, and therefore subject to continuing refinement and change as we develop and grow. As such, this field represents a genuine opportunity for contributing to the evolution of the species. We invite you to join us in this great adventure.

For more information, please contact the PACIFIC NORTHWEST INSTITUTE OF NEURO-LINGUISTICS, INC.:

Ian Macnaughton and Cheryl Hills-Wright, 4491 Blenheim Street, **VANCOUVER**, B.C. V6L 2Z8. Phone **734-0915** or **222-2244.**

PRECISION BUSINESS MODELS

N.L.P.™

ERICKSONIAN HYPNOTHERAPY TRAINING

NEURO-LINGUISTIC PROGRAMMING (NLP™

You are invited to join in a great adventure! NLP™ is the awesome new behavioural technology that offers vast opportunities for communications development in the 1980's.

Our powerful Fall Program includes the following:

Introductory Neuro-Linguistics. (Starts Sept. 7 and Oct. 27) $100. The 15-hour program takes place over 5 Wednesday evenings.

Neurolinguistics Learning Modules (Sept. through April). Six programs are custom designed for rapid learning of specific applications.

In-House Programs, from half-days to week-end workshops, are available for organizations and corporations througout B.C.

All programs are designed by Marilyn Atkinson to incorporate principles of N.L.P.5+ within up-tempo, lively formats which meet the needs of specific groups: therapists, human-resource personnel and health professionals, sales and marketing personnel, business and management professionals, and educators.

Precision Models. Business Applications Seminars with **Michael McMaster** (. . .co-author **with John Grinder** of *Precision, A New Approach to Communication*) and **Marilyn Atkinson,** Precision Trainer. Nov. 5 —PRECISION SALES MASTERY, $95; Nov. 25 — PRECISION PERFORMANCE MANAGEMENT, $95.

Ericksonian Hypnotherapy Training. (Starts Oct. 19). For Professionals we offer weekly evening classes in the language and methodology of Milton Erickson using videotapes, powerful exercises, and active practise.

Counselling - Therapy. Ericksonian and Neuro-Linguistic consultation, counselling, and training on a personal basis is available. Marilyn Atkinson, M.A. is a registered Clinical Psychologist.

For registration and information contact: Marilyn Atkinson and Associates, 2021 Columbia St., **VANCOUVER,** B.C. V5Y 3C9 or call **872-1185,** or **876-0916** (message).

Control of your own mind: **Silva Mind Control** ® is a simple, effective method of mental training which you can use to develop conscious control of your subconscious mind. The content of the classes will enable you to use more of your mind to improve the quality of every aspect of your life —your health, habits, relationships, professional life — and become a happier, more effective, more successful human being.

We've been offering Mind Control in the U.S., Canada, and over 50 foreign countries and have more than 2,500,000 graduates, including a lot of "sounds too good to be true" types.

If you are interested, and want to know more, come to a free introductory lecture.

For more information please call or write: SILVA MIND CONTROL, Box 70, 1450 Johnston Road, **WHITE ROCK,** B.C. V4B 4E9. **536-1047.**

BURNOUT CONSULTING & CAREER CHANGES

DAVID WONG, M.A.

Continuous stress, feelings of frustration, and overload due to work/personal demands, often lead to emotional burnout. Registered Psychologist, 15 years' experience, offers group counselling and individual consultations for managing burnout. Also counsels on managing midlife career changes. Tel. **327-6121. VANCOUVER**, B.C.

CORINNA BRANDL

REGISTERED PSYCHOLOGIST

Counselling and therapy for anyone seeking professional and loving assistance through the ups and downs of life. Special focus: self-esteem; assertiveness; shyness; anxiety; women and stress; relationships; goal-setting.

My therapy is creative and transformational combining behavioral, visualization, gestalt and Jungian approaches. **VANCOUVER,** B.C. **732-0078.**

COUNSELLING

SHARON BURROWS, M.A.
(Humanistic Psychology)

Both inner and outer directed methods focus on increased effectiveness in communication, parenting, managing stresses of work and relationships, sexuality, and exploring the polarity of the Superwoman/Cinderella Complex. Call **324-4216. VANCOUVER.**

COUNSELLING

ROBIN RENNIE, M.A.
(formerly Robbie Young)

Becoming all of who you are can be a scarey as well as exciting voyage of discovery. Through the use of tools such as gestalt, fantasy, hypnosis, bodywork, and feminism, I will accompany you on your journey. Using your issues as guideposts, we will find new routes to your goal of actualization. Sliding scale. **738-7557. VANCOUVER**, B.C.

Psychology, Therapy, & Counselling

COUNSELLING AND HYPNOSIS
JANE AMBEAU
REGISTERED PSYCHOLOGIST

Jane Ambeau provides a variety of psychological services relevant to personal and health-related concerns. These services include counselling, hypnosis, stress management, relaxation training and assistance with weight control, quitting smoking, and managing chronic pain. She uses a non-sexist orientation with all clients. Fees are tax-deductible. #201-2786 West 16th Ave., **VANCOUVER**, B.C., V6K 4M1. Phone: **734-5655.**

COUNSELLING & THERAPY
BILL ANNETT

The center of every life is that sense of wholeness and integrity which we all experience and express in various ways. For me, counselling is a process of aiding in the natural unfolding of this wholeness through working with the problems, concerns, and joys of everyday life.

My approach is humanistic and transpersonal, and incorporates a variety of techniques such as psychosynthesis, guided imagery and focusing as well as a warm and genuine presence. In addition to a master's degree in psychology, I have a fully accredited MA degree in transpersonal counselling from John F. Kennedy University in Orinda, California. Individual and relationship counselling; sliding scale. Phone **228-9491. VANCOUVER,** B.C.

DR. COYLE, Ph.D.

Registered Psychologist & Hypnotherapist. Fees under M.S.A. or tax deductible. Phone **522-1563. NEW WESTMINSTER,** B.C.

EXPRESSIVE THERAPY
HEATHER SKERL FRANCIS, M.Ed.
JOHN GOODMAN, B.A.

Expressive Therapy uses the creative arts (drawing, writing, dancing, etc.) in a gentle, supportive, therapeutic process. We work with adults or children who have difficulty expressing how they feel and with those who are experiencing emotional distress. No art experience necessary.

Coastal Healing Arts. **733-8544. VANCOUVER.**

GESTALT AND FOCUSING
DOLORES BATE, M.A.

A senior Trainer at the Vancouver Institute for Counselling and Therapy Training and the Gestalt Centre, London, England; Vancouver Area Coordinator for Focusing.

- Gestalt and Focusing Training for those in Helping Professions;
- Focusing Teaching for those interested in self-management skills;
- Individual Work.
- **922-5793. WEST VANCOUVER.**

HYPNOTHERAPY, INSIGHT THERAPY & BREATH RELEASE
DR. LYNN SEREDA,
REGISTERED PSYCHOLOGIST

Hypnosis for de-programming self-defeating patterns and improving human skills. Insight Therapy as among the most direct of psychological tools for learning to face up to, and so come to terms with, one's feelings and emotions. And Breath Release, not only to create more room for handling all aspects of one's emotional self, but also to more fully open One's Heart to the possibilities for creating much more positive results in every aspect of one's Life.

For an appointment call **224-1164. VANCOUVER,** B.C.

PAST LIFE REGRESSIONS
By ELLY & PETER ARNOLD

Memories from our past are affecting our every day life.

Also, memories from past lives, although buried in the subconscious, influence today's actions, either positively or negatively.

With their 6 years' experience in past life regressions, **Peter & Elly** can help you to experience past lives, so that you might have a better understanding of your life today and in so doing, live a fuller and more positive life.

The more we remember, the more we are.

Phone **581-1449. SURREY,** B.C.

PAST LIFE REGRESSIONS
KASSANDRA 733-4264

Remember who you are and what you represent. Your subconscious memories can advise you about particular skills, knowledge, strengths and weaknesses, for effective problem solving and chronic health disorders. Especially helpful for astrologers, psychic mediums, artists, musicians, EST & NLP grads.

PRIMAL THERAPY

Through THE NEW CENTRE FOR FEELING THERAPY. We offer intensives, individual sessions and group therapy, when appropriate, to support each individuals own process. Established in 1976. Contact by phone only, please. 876-0916 (message). **VANCOUVER.**

REBIRTHER AND CONSULTANT
ELAINE SHEARER

Rebirthing has been called the science of enjoying all of your life. It is a way to relax, integrate suppressed feelings, accept what is and get what you want. Call **732-3679. VANCOUVER.**

REBIRTHING
CAROL JOHNSON

Qualified rebirther: Advanced leadership training with Leonard Orr: Reiki initiate; B.Ed., U.B.C.

Rebirthing is a spiritual breath process to enhance life force and spiritual unfoldment. It is a powerful tool to release blocks and traumas, and to experience a free flow of energy, light, and joy.

Phone: **592-8915, VICTORIA.**

REBIRTHING & COUNSELLING
AMANDA VAUGHAN
Professional Rebirther & Consultant

Are you willing to have more joy and fulfillment in your life? Rebirthing can assist you, using conscious breathing and affirmation techniques, to create more of what you want in all areas of your life. Get in touch with your own personal power; experience peace, love, joy, prosperity and success. You deserve to have it all!

Individual sessions: $35.

Phone **736-4665. VANCOUVER,** B.C.

FACING YOUR FAT
SANDY FRIEDMAN, M.A.
DORIS MARANDA, M.A.

A self-awareness approach to fat and bulimia which focuses on breaking down the addictive and obsessional pattern of compulsive eating and of dealing with the root causes. Sandy **731-8752,** Doris **736-7180. VANCOUVER,** B.C.

TRANSPERSONAL COUNSELLING
IAN MACNAUGHTON

Transpersonal Counselling moves beyond traditional limitations of personality models. Its focus is in exploring the relationship of the body/mind and spiritual well-being and also attempts to integrate both Eastern thought and Western science.

Opening up to the transcendent quality of our existence allows for a different perspective in our lives. We all create models — views, thoughts and feelings of what the world, our world is about. To recognize that we have contributed to creating a particular pattern of consciousness allows us to be flexible enough to move beyond that pattern and yet maintain enough stability to live a full human life. In this perspective, problems are seen as signposts encouraging us to recognize our resources and generate new ways of growing and evolving.

I completed an internship in Reichian work, am a graduate of The San Diego Gestalt Training Center, a certified teacher of Focusing, a certified Neuro-Linguisitc Programmer, have an MBA from SFU and presently am a doctoral student in Human Systems Science at Saybrook in San Francisco.

For further information please call **Ian Macnaughton** at **222-2244. VANCOUVER**

THERAPY, TANKING, COUNSELLING
JUDE KEDDIS, M.ED., M.A.

Renew your vision for your life thru contemporary approaches to well-being and happiness. In totally supportive therapy, illnesses and problems become doorways you move through to all that you can have and be. Mini-retreat programs and flotation tank also available. Call **261-5974** (24 hr/day). **VANCOUVER,** B.C.

MARILYN ATKINSON, M.A.
REGISTERED PSYCHOLOGIST
ERICKSONIAN HYPNOTHERAPY and NLP™

Personal and educational consultation, counselling and training for individuals, couples and families. Contact at The Vancouver Health Enhancement Center, 2021 Columbia St., **VANCOUVER,** B.C. V5Y 3C9. Phone **872-1185,** or **876-0916. (message).**

In Depth

A Learning Resource

MARJORIE CONLAN
New Westminster Public Library

The public library is for when you need to know rather than need to have; when you need to know how to make a home repair, or when you want to browse in a world of ideas, maybe trying some on for size.

We pay a great deal of attention to formal learning, so much so that we hear people speak of "finishing their education" when graduating from the formal school system. If true, how tragic.

We know now that our sense of wonder and inquiry, our ability to learn does not diminish as we grow, even into old age. Informal adult learning can be a joy. There is no prescribed curriculum, no set pace, but then too, no answers at the back of the book. It is purely individual. No one can learn for us and no one can assume our interest. And the only right time is when our need or fascination drives us.

Our need for learning arises when we face the constant changes of life. Deliberately or inadvertantly, we learn the skills needed to meet the responsibilities and obligations of our adult roles. But as these roles change, so must we learn new skills. Getting the hang of being 21 won't help with the demands of the early thirties.

Learning is change. And no learning, no matter how small or specific leaves us quite the way we were before. Working in a library, I see worlds of ideas, information, beauty, humour, romance, imagination and experience on its shelves. The rewarding part is to witness the spark of discovery when the world on the shelves touches the world of a libary user.

People come to the library for so many different reasons. As employees and employers, as citizens, as friends, family members, sports and recreation enthusiasts, and as human beings with physical and spiritual needs and problems — we all have so much to learn, so many ways in which to change to improve and to grow.

The public library has the resources. It is there when you are ready. And when a free library card can give you access to millions of dollars worth of materials and professional assistance, as a bargain it can't be beat.

SPIRITUAL PRACTICES

Arica West

202 - 1107 Seymour Street,
Vancouver, B.C. V6B 3M7
Telephone: (604) 682-7474

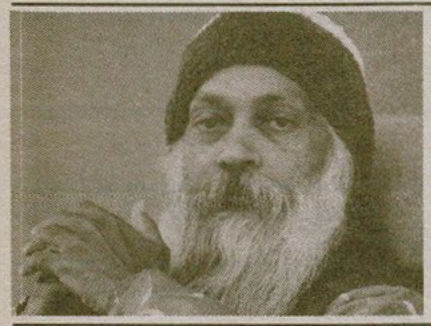
Founded in 1971 by Bolivian philosopher/mystic Oscar Ichazo, **Arica** presents a clear method for the clarification of consciousness to the point of enlightenment.

Arica is not therapy in the sense that we are not interested in building comfortable egos. Arica is not mind control since Arica maintains that we can only control the mind when we have a clarified consciousness.

So what is Arica? **Arica is a mystical school** that works with the physical, emotional, mental and spiritual aspects of human existence, resolving the apparent contradiction between ourselves and external reality. It has as its goal the marriage of the material and spiritual polarities of our lives, and maintains that the health of society depends upon the health of individuals comprising that society.

During the fall and winter **Arica West** will present weekend programs under the supervision of one of the founding members of Arica Institute, culminating in Arica West's Annual intensive residential program to be held in British Columbia in the summer of 1984.

For more information contact: Arica West, 202-1107 Seymour Street, **VANCOUVER,** B.C. V6B 3M7. (604) **682-7474.**



"One can never go towards God. You cannot make an object of God. You cannot make an arrow of your desires moving towards the target of God. Either God is everywhere so you cannot make a target, or He is nowhere — then you cannot make a target.

Nobody has ever reached to God. When you stop all reaching, when you drop the whole nonsense of achievement, suddenly God comes to you. And when He comes He comes from everywhere, from all directions. He simply enters you from every pore of your being. You never reach to Him; He always comes to you."

BHAGWAN SHREE RAJNEESH
From the book,
Nirvana, The Last Nightmare.

The Courage to Be. From the beginning we are Buddhas, there is nothing to achieve, nowhere to go — we are perfect as we are.

Come taste at **ARVIND RAJNEESH MEDITATION SOCIETY,** 2807 W. 16th Ave. (at MacDonald), **VANCOUVER, 734-4681.**

ASTRO SOUL

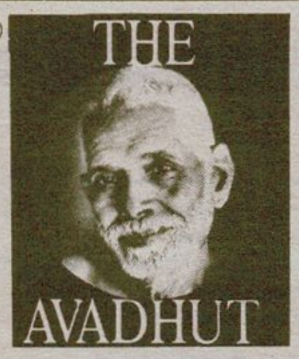
Astro-Travel for Self-Understanding. Experience reincarnation as a reality. Understand you are a free soul. Develop a crystal clear communication with the higher self. Work with your team of higher souls. Use tools to answer your questions in life. Find answers for yourself. Feel secure in any situation.

Programs available:

- Lectures — Wednesday's 7-8 p.m.
- Workshops — Wednesday's 8-11 p.m.
- Weekly Group Meetings
- Sessions on Spiritual Healing of Concepts
- Home Consultant Program — arrange for group presentations in your home.

Further information contact **Sonja Clark, 986-8412, Gwen McGregor, 733-1793,** or **Astro-Soul, 613-238-7844,** P.O. Box 1138, Station B, **OTTAWA,** Ontario K1P 5R2.

THE AVADHUT



Who Am I?

"I am not the physical body, nor the senses, nor the mind, nor the state of ignorance in sleep. When all the aforementioned are rejected, that which alone remains am I. It is pure Awareness, the Self which is Being-Consciousness-Bliss."

— Bhagavan Ramana Maharshi

Like his Guru, Sri Ramana Maharshi, **Bhagavan I.M. Nome** has Awakened to this profound Truth. He enquired deeply into the nature of His Being and Realised His Absolute Divinity.

Satsang with Bhagavan I.M. Nome is the opportunity to directly perceive Absolute Reality, the Self. Without rules, rituals, forms or feels, Bhagavan Nome shares his realization in an experiential, non-dogmatic manner. His imparting of Truth is direct and simple; it is the Truth of Advaita Vedanta (ajatavada) and Ch'an Buddhism. Satsang is open dialogue, dynamic Self-Enquiry which partakes of the Wisdom and Humor of **Sri Ramana Maharshi** and **Sri Nisargadatta Maharaj.** The Presence of a Sage is so powerful, it can enlighten you. Come Awaken to the Truth of your very Being.

Satsang is held twice weekly in the Santa Cruz area, once weekly in the San Francisco Bay Area. People have traveled to the East for this Truth. It is here Absolutely Free.

For further information, contact: THE AVADHUT, P.O. Box 8080, Dept. BC., **SANTA CRUZ,** CA 95061. (408) **338-3923.**

BRAHMA KUMARIS RAJA YOGA CENTRE

PEACE · PROSPERITY · PURITY

Explore the inner workings of the soul in a **one-week course on the power of transformation.** Raja Yoga is the clearest and most ancient method of attaining mastery over your own life. Unwanted habits are banished forever; stress is replaced by peace; worry is transformed into well-being.

Master the dynamics of Karma and learn the natural way of breaking mental bondages. Experience the power of this unique and effortless form of meditation, the silence of the soul in it's original perfection.

The Brahma Kumaris World Spiritual University was founded in 1937. There are now over 800 centres worldwide, with headquarters in Mt. Abu, India. People on all paths have found this study of great value in bringing the benefits of spirituality into their daily lives. All courses and programs are offered completely free of charge.

Individual introductory courses by appointment. Open-house each Sunday 7-9 p.m. from March 13. BRAHMA KUMARIS RAJA YOGA CENTRE, 535 East 50th Ave., **VANCOUVER,** B.C. V5X 1A9. Phone **321-0964.**

The Buddhist Co-op

Turning the Wheel of the Dharma

The "Co-op" is a constellation of various Vancouver-based Buddhist groups which meet monthly to gather support and encouragement for individual as well as cooperative projects. We welcome participation by any person or group.

May All Beings Be Happy!

Soto Zen Group: Meditation, lectures and retreats. Regular sittings, Thurs. 7:00 p.m., 600 Vernon St., North Vancouver. Phone Howard, **922-7477.**

Zen Centre of Vancouver: Affiliated with Joshu Sasaki Roshi. Meditation practice, Wed. 7:30-9:00 p.m., Sat. 9:30-11:00 a.m., Universal Buddhist Temple, 525 E. 49th. Phone **733-0956, 433-4052.**

Ariya Thera Society: Eka-Yang Buddhism. Meets Wed. 7:30 p.m. at #205-1076 W. 14th. Phone Jotidhamma, Brian Harris, **736-0755.**

Vipassana Meditation Group: Meets Thurs. 7:45 p.m. at Universal Buddhist Temple, 525 E. 49th. Phone Brian Harris, **736-0755.**

Gaden Rime Zong Ling: Spiritual advisor Zasep Tulku Rinpoche, returning in November, 1983. Weekly meditation and discussion group. Phone Deborah, **873-5323.**

Kagyu Kunkhyab Chuling: Vajrayana Buddhist Centre, Kalu Rinpoche, founder. Weekly teachings, meditation and Tibetan language classes. Monthly seminars. Phone **438-4390.**
VANCOUVER.

The human individual is of infinite and ultimate value, in that each of us is unique in all the universe and has infinite possiblities.

SPIRITUAL PRACTICES

DHARMADHATU
Buddhist Meditation and Study Centre

We warmly invite you to **Monday Evening Open House** at **Dharmadhatu.** Following an introductory talk on meditation practice and the Buddhist path, there is a discussion period and refreshments.

And every Thursday evening we welcome you to learn basic **meditation** technique. Individual instruction is available at no charge. Combined with a public meditation practice period, this is an ideal occasion to ask questions and discover a simple approach to understanding our minds.

OPEN HOUSE — Every Monday at 8:00 p.m.

MEDITATION INSTRUCTION & PRACTICE — Every Thursday at 7:00 p.m. at

DHARMADHATU, *Under the direction of Chogyam Trungpa, Rinpoche,* 3285 Heather St., (at 17th Ave.) **VANCOUVER,** B.C. V5Z 3K4.

For further information please call **874-8420.**

P. D. OUSPENSKY G. I. GURDJIEFF

"Behind the surface of the life we know lies something much bigger and more important — until we know more about what lies behind, all our knowledge of life and of ourselves is really negligible."

P.D. Ouspensky

Gurdjieff Ouspensky Centres, now accepting students.

VANCOUVER - (604) 926-9504,
TORONTO - (416) 783-5432,
SAN FRANCISCO - (415) 752-8293,
LOS ANGELES - (213) 278-5757,
NEW YORK - (212) 737-5080,
LONDON (U.K.) - Chorleywood 4792.

Young and old throughout the world are seeking spiritual awakening as a means of gaining lasting happiness.

SANT DARSHAN SINGH is a spiritual master of the highest order whose mission is to awaken spirituality in sincere seekers after truth. He is the founder of the Science of Spirituality, a non-profit organization with nearly 300 centers throughout the world. He is the spiritual successor to Sant Kirpal Singh.

He lives on his pension and accepts no money for his spiritual gifts and guidance. *Teaching a simple, practical path of inner awakening, Sant Darshan Singh can give you a firsthand spiritual experience.*

Such realization can not be taught nor bought, but can be caught from someone overflowing with the love of God.

Public meetings every Saturday, 7-8 Meditation, 8-9 p.m. Satsang at UNITY CENTRE, 5840 Oak St., **VANCOUVER.**

All are welcome - no charge or collection ever. Phone **732-8779** eves. for info.

THE YOGA OF
SELF-TRANSCENDENCE.

"Each person is on a journey of progress toward perfect perfection. True satisfaction begins when a seeker chooses to become a conscious traveler on the road."

Regular meditations: free classes for beginners and intermediate seekers: poetry, music and public runs.

SRI CHINMOY CENTRE, 1360 St. Patrick St., **VICTORIA,** B.C. V8S 4Y4.

The Sufi Order

The Sufi Order in the West was founded in 1910 by Hazrat Inayat Khan. Stressing the ideal of living a deeply spiritual life in the midst of the world, it emphasizes the integrated development of inner life and outer accomplishment.

The Sufi Order is an interreligious body honouring all religious traditions and teachers. Its broadest aim is the unity of mankind in brotherhood and wisdom, achieved through the practice of tolerance, compassion and respect for freedom.

Class Schedule:

Choir: Sundays 10:30 - 12:00 Bach to bhajan to contemporary — beginners welcome.

Universal Worship: First Sunday of every month 10:30 - 12:00.

Message Class: Sundays, 12:30 - 1:30 Study and meditation on themes from the Sufi tradition.

Gatha Class: Thursdays 8:00 p.m. (For initiates or by invitation only)

Spiritual Dance: TBA.

For information and location: Amir **874-5323,** Paula **263-7656.**
VANCOUVER.

"Thy music causeth my soul to dance. . ."

Vancouver White Lodge

Each of us has the ability to become more aware on a physical, mental and spiritual level — and reap the benefits in everyday affairs. This is the philosophy behind the **Vancouver White Lodge,** established in 1980 as a branch of the International College of Psycho-Therapeutics (Kent, England) to continue the teachings of the College's founder, the late R. Beesley. Our goals are the development of man's spiritual being as well as a greater understanding of health through natural therapies and nutrition.

Courses on metaphysics and self-healing are offered, and monthly discussion groups featuring a wide range of speakers are held locally. Quarterly newsletter and meditation tapes also available. Speakers available.

For more information about our activities, please call **943-6689.**
TSAWWASSEN, B.C.

YASODHARA ASHRAM

The tranquil beauty of Kootenay Lake in rural interior BC provides a serene setting for **Yasodhara Ashram,** an 83 acre yoga retreat and study center founded by **Swami Sivananda Radha.** Our purpose is to provide a spiritual center and community where people of all ages and religious backgrounds may pursue their self-development. Yoga workshops are given at the Ashram throughout the year, and there are resident programs held for those who wish to experience living and working in a spiritual community. Retreat guests are welcome.

Fall and Winter Programs:
Fall Resident Program: Oct. 7-Nov. 18;
Ten Days of Yoga: Oct. 7-17;
Life Seal: Oct. 7-9;
Ideals and Spiritual Diary: Oct. 14-16;
Christmas Program: Dec. 21-Jan. 2;
Yoga Teachers Course: Jan. 6-March 30, 1984.

For further information please contact: **The Program Secretary, Yasodhara Ashram,** Box 9, **KOOTENAY BAY,** B.C. V0B 1X0. **227-9224.**

Faith is the deep inner knowing that that which we are seeking is already ours.

Life is like an echo. It always returns the call sent out.

Teach only Love, for that is what you are.

- A Course In Miracles

SPIRITUAL PRACTICES

CHURCH OF REVELATION, CRYSTAL EYE CENTER

The Church and School founded in 1975 by Rev. Harrison Roy Hesketh, spiritual mystic, is a research and educational non-profit organization furthering the expression of ancient wisdoms, healing, mystical powers. Astral Physics School's 9-month Experience is a new age spiritual mastership training. It starts where others leave off. This class meets once a week starting Tuesday, September 8. Other classes also offered. Call us for locations. Aura readings by appointment. **872-5579. VANCOUVER.**

3HO FOUNDATION
KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN

Offering the practical teachings of Kundalini Yoga, meditation and natural lifestyle, to enhance the individual toward a Healthy, Happy and Holy life.

Classes Monday - Friday, 7:30 p.m. $2, at Guru Ram Das Ashram, 3204 West 13th Avenue, **VANCOUVER,** B.C., **733-5072.**

YOGA FOR WOMEN, Monday 6:45 p.m. The Vancouver Health Enhancement Centre, 2021 Columbia. **876-5955.**

VIPASSANA FOUNDATION
MEDITATION IN THE UBA KHIN TRADITION

Courses by S.N. Goenka and assistant teachers. Vipassana or insight meditation is a simple technique of purification of the mind by self-observation.

Introductory evenings: Sept. 29, 8 p.m. (Thursday); Nov. 10, 8 p.m. (Thursday).

Course: December — Washington State

Contact Vipassana Foundation, 2891 West 36th Ave., **VANCOUVER,** B.C. V6N 2P9. **263-5355.**

By MASTER KIRPAL SINGH
Exceprt from the pamphlet TOWARDS THE NEW EDUCATION, by Master Kirpal Singh

"The best education is that which teaches us that the end of knowledge is service."

TIME OUT & TRAVEL

HOLLYHOCK FARM CONFERENCE CENTER on Cortes Island provides a peaceful, healthy, inspiring environment for group conferences, meetings, gatherings or reunions. Facilities include: comfortable bedrooms in hand-crafted wooden buildings, meeting rooms, lodge and fireplace, meditation and yoga room, beach, canoe and kayak, hot tub, and walking paths through cedar and fir forest. Healthy vegetarian and seafood meals are served.

In concert with the wild natural setting we offer an environment which nurtures creative group work; we can accomodate groups up to 35.

We also offer **The Holiday That Heals:** Summer workshops and retreats at Hollyhock Farm. For more information on conference bookings or summer workshops write or phone Shivon Robinsong or Rex Weyler, HOLLYHOCK FARM, Box 127, Mansons Landing, B.C., V0P 1K0, (604) **935-6465. CORTES ISLAND.**

TRAVEL CUTS Going YourWay!

TRAVEL C.U.T.S. is able to provide all the services and conveniences of an IATA licensed travel agency. In addition, and owing to our status as a wholly student-owned agency, we are able to offer unique budget travel opportunities world-wide to both students and the public.

Domestic and International Airline Ticketing • London and Frankfurt Charters • Railpasses • International Student Cards • Holiday Packages • Student Work Abroad Program • World Wide Student Flights • Adventure Travel.

TRAVEL CUTS GRANVILLE ISLAND, 1516 Duranleau Street, **VANCOUVER,** B.C. V6H 3S4. **687-6033.**

TRAVEL CUTS U.B.C., Student Union Building, University of B.C., **VANCOUVER,** B.C. V6T 1W5. **224-2344.**

GREAT EXPEDITIONS
MAGAZINE AND TOURS

For the independent person or armchair traveller, our magazine is "unusual". Sample copy $2. For travel experiences with special resource people, check our tours. For a brochure, call or write: Great Expeditions, Box 46499, Station G, **VANCOUVER,** V6R 4G7; **734-4948.**

GREEN TORTOISE
ALTERNATE TRAVEL

Seattle-San Francisco-Los Angeles trips at **$49 one way.** Other trips include: Alaska, Baja, East Coast, Mardi Gras.

Enjoy interesting people, music, sleeper coaches, hot springs. It's fun!

Call **Patricia 732-5153** evenings & weekends. **VANCOUVER.**

TREETOPS RETREAT

For Residential Groups. Secluded and beautiful geodesic dome peacefully situated with breathtaking view of the Sechelt Inlet. Two hours from Vancouver, with fridge, stove, 3 bedrooms, 2 bathrooms, woodstove, large carpeted workroom, Sundeck.

Phone **Ian, 732-9342. VANCOUVER.**

MIDWEEK MINI-VACATIONS

Leave the city after work for 50 minutes on the Gulf Islands Ferry. Enjoy provided transportation, light supper, hot tub, bed and breakfast in the solitude and beauty of a secluded forest/waterfront setting. Back to work in the morning. Also, day-long mini-retreats, weekend programs, meeting and workshop space. KEDDIA RETREATS, **261-5974** (24-hr/day). **VANCOUVER,** B.C.

WESTCAN TREKS
ADVENTURE TRAVEL

The consultants of this travel agency have travelled Africa, South America, South Pacific, Asia etc. We show travel films and slides at Robson Square Media Centre at 7:30 p.m. on The Orient (13 Sept.); Australia (27 Sept.); Peru (12 Oct.); Sudan (17 Nov.) and more. Ask for a programme.

WESTCAN TOURS, 3415 West Broadway, **VANCOUVER,** B.C. V6R 2B4. **734-1066.**

TOOLS & WARES

A FUTON TO SLEEP ON is more than just a 100% cotton mattress. It's a bed, a chair, or a hide-a-bed. Use it by itself on the floor, or put it on top of one of our solid pine bed frames, chair frames, or our rattan hide-a-beds. The natural fibre luxury ensures comfort and breathability. Warm in winter, cool in summer — it's like sleeping with your quilt underneath you.

The benefits of 100% natural fibres are endless. Don't miss all of our other new products — 100% cotton sheets in lovely pastel shades, cotton quilts and quilt covers, pillows, zafus, zabutons and now tatami mats and a new baby line.

We are proud of the high standard of quality we achieve in all our products.

Buy a kit, make your own, or buy a kit and we will make it for you.

NATURELLE FUTON TO SLEEP ON CO. LTD., 2173 West 4th Avenue, **VANCOUVER,** B.C., Canada V6K 1N7. **733-2985.**

If we cannot learn from the lessons of our past we are destined to repeat them.

Tools & Wares

Earthrise Home and Garden Store

EARTHRISE is the **organic gardening store** that carries durable garden tools, kitchenwares and books. At this time of year our focus is on food preservation. We have tomato knives, bean slicers, Victorio strainers, kitchen scales, food dehydrators, pressure canners and more. . .including many books on preserving. "Putting-by" seasonal produce is a satisfying way to secure your food supply.

For your garden, we have seeds for green manures, to sow in the fall and turn under in the spring to enrich the soil. A new product in the store is a device to open and close greenhouse and coldframe windows automatically, without electricity. With this, in a simple coldframe, you can grow salad greens all winter. We also have greenhouse kits to extend your growing season.

EARTHRISE has all the natural organic fertilizers, books on gardening and food, and time to answer your questions.

EARTHRISE HOME AND GARDEN STORE, 4111 Macdonald Street, **VANCOUVER**, B.C. V6L 2P1. **736-8404.** Open Monday to Saturday, 9:30 to 5:30.

HUGS CANADA

If you are a **Hugger** and/or believe in the concept that *Hugging* is important for your mental, emotional and physical well-being, you should be the owner of our HUG products.

Mail for our brochure or visit the HUG CENTRE and receive your free Hug while you peruse our stock. We have Sweat-shirts, T-shirts, notepaper, bumper stickers, licenses and buttons available.

HUGS CANADA, #103-1548 Johnston Road, **WHITE ROCK**, B.C., V4B 3Z8. **536-1220.**

EARTHSHINE sales co. ltd.

EARTHSHINE SALES CO. LTD. is a wholesale distribution company. We ship high-turnover quality impulse products throughout Canada and the U.S.A.

Our product line includes: the largest selection of prismatic foil stickers available on rolls and in packages: Liquid crystal "TOUCH ME" stickers; GLOW-IN-THE-DARK stickers, HOLIDAY stickers; STICKER COLLECTOR Albums; PRISMATIC Pins, Boxes and Magnets; DIZZY Boxes and DIZZY Pins; and completely new for this fall — REAL HOLOGRAMS — under $5.00 retail; and REAL JELLY BEAN EARRINGS.

We also carry the unique line of LASERCRAFT STATIONERY which is created with beams of pure light. These products are exquisitely detailed works of paper art which transform letter writing and card giving into very special occasions. CRYSTAL-EMBEDDED greeting cards in twenty designs complete our line of paper products. *"I've Got to Have One of Those Masks!"* — Our line of Hallowe'en/New Year's Masks - so unusual, some of them are even suitable as wall ornaments.

We guarantee satisfaction with our products and our service and not incidentally, provide retailers and customers with repeat experiences in fun and sparkle.

The minimum order is $100. In U.S.A. we ship F.O.B. Bellingham, Washington. In Canada, we ship F.O.B. Vancouver. To receive our colour catalogue and details of discounts, please send your business card and request to:

EARTHSHINE SALES CO. LTD., Box 33951, Station "D", **VANCOUVER**, B.C. V6J 4L7.

MIDO FRAMERS

Adopting conservation quality standards, **Mido custom picture framers** has an art-conscious-grasp of what produces a work's best features. We have a wide range of moulding, both wood and aluminum. Also, we are able to create custom plexiglass frames for art work and art objects. Being a creative group, we have a reservoir of new ideas at our fingertips and are always willing to advise with framing ideas, and to teach correct conservation framing methods.

Over a period of ten years we have reached a level of craftmanship which is the best available. This service has been rendered with courtesy and friendship, evident by the same clients who have dealt with us for the past decade.

Mido Framers, 2952 West 4th Ave., **VANCOUVER. 736-1321.**

MOUNTAIN EQUIPMENT CO-OP

Mountain Equipment Co-op is a member owned and operated co-operative for hikers, climbers, skiers, backpackers, bicyclists, canoeists, kayakers and just about anyone who enjoys exploring some part of the outdoors.

Since 1971 it has been our goal to provide our members with quality outdoor recreational equipment at the lowest possible price and to do so in an informative, helpful way rather than resorting to merchandising gimmicks.

Today there are over 75,000 Co-op members living all across Canada and in a number of foreign countries. Come into our Vancouver or Calgary stores or write for a free catalogue to see the tremendous selection of equipment the Co-op offers.

VANCOUVER: 428 West 8th Ave. **872-7858.**

CALGARY: 131-12th Ave. S.E. **269-2420.** Open regular retail hours.

NEW EARTH CALENDARS

We have compiled a 1984 calendar for the new age. Every calendar day includes an event of spiritual significance. Commemorations, holy days, saints' days and celebrations of many of the world's spiritual organizations and religions are listed.

Uplifting photographs are interwoven with quotes from famous philosophers. Each month, positive historical incidents are described. Dates and locations of scheduled 1984 new age events are included. Also, enough space is provided for writing in your personal happenings.

A large sized calendar with vibrant blue print on glossy white paper. Send $5.50 (U.S. funds) to **New Earth Ventures,** 13365 S.W. 17th, Dept. BC, **BEAVERTON,** Oregon 97005. We gift ship.

Many thanks to all organizations who helped make this calendar possible. Dealer and organization fund raising inquiries welcome.

WESTERN FUTONS & FABRIC
4388 WEST 10TH AVE
VANCOUVER BC V6R 2H7
phone 604 222 1277

Looking for an inexpensive, high quality Futon? **Western Futon and Fabric** has the answer!

With over 10 years experience in natural fabrics, we can custom make your order or sell you a kit to make your own.

Our futons are 100% pure cotton, each handmade to your exact specifications. Use it on the floor, or with one of our bedframes, couch frames or hide-a beds.

Our wide selection of unbleached cottons, linens and silks can be used for covers, matching draperies or clothing. See our selection of *Indian Dhurries* (handwoven cotton rugs) due in mid-September. A beautiful way to complement your futon.

Western Futon and Fabric — the natural choice.

4388 W. 10th Ave., **VANCOUVER,** B.C. V6R 2H7. Phone **222-1277.**

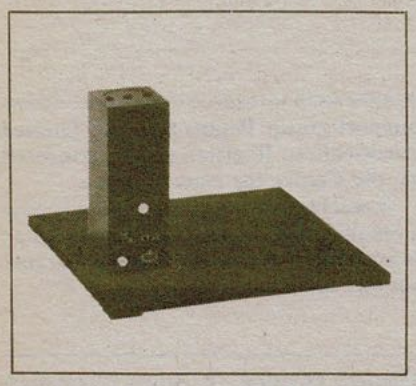
WOODBURN STOVES & FUEL LTD.

• Suppliers of the famous airtight **Elmira Oval cookstoves.** From its 6 sq. ft. polished cast iron cooking surface to its large porcelainized ovens and nickel trim, this stove is a classic. Comes with a 10-year warranty. Options include Almond colour, coal grates, water jacket and water reservoir with tap. Also available: the smaller Sweetheart and the economical Julia.

• Dealers for **Vermont Castings,** manufacturers of the classic cast iron Defiant, Vigilant, Resolute and Intrepid. Widely regarded as the finest woodstoves made the smaller models insert elegantly into a fireplace. All models are thermostatically controlled and convert from airtight use to open fireplaces. Newly available in rich blue, grey or brown porcelain.

Two locations: 1589 Garden Ave., **NORTH VANCOUVER,** V7P 3A5, **987-0811.**

15420 Fraser Highway, **SURREY,** B.C. **585-8313.**



BIPOLAR ION GENERATOR ®

The Collector

Our new Zestron ionizer-precipitator, The Collector, toroughly cleans the air as it ionizes it. Before describing why we think our bipolar ion generator is the best buy on the market, htere are some reason why we observe ionizers becoming a standard feature of both home and office.

Indoor air pollution is becoming a national health hazard. Energy efficient airtight buildings are stifled with stale polluted air which includes smoke, dust, pollen, viruses, and bacteria. Most of these pollutants are so small (under 5 microns) that they are not effectively removed by common small filter-fan units. Scientific tests show that these noisy toy-like devices which emit chemical "citrus" odors are no match for high-powered ionizers in thoroughly cleaning indoor air.

Another important difference exists between powerful ionizers and filter-fan units. We all know how fresh and vibrant the air feels right after a rain storm, in the mountains, or near a waterfall. That clean, alive fresh air is rich in something important that is greatly depleted in our urban and indoor air. That missing element is negative ions, nature's own air cleaners. Scientists claim that these amazing active ions are of great benefit to us beyond the obvious benefits we receive by breathing clean fresh air. Many users of ionizers experience feelings of aliveness, alertness and vitality similar to that experienced in the fresh mountain air. In addition, even filter-fan units do not emit negative ions. Our new ionizer, The Collector, creates trillions of these beneficial ions every second while giving you what we think is the best performance, value and technology in air cleaning.

Most ionizers clean your air but leave an untidy deposit of pollutants on room and furniture surfaces near the ionizer. The Collector takes ion technology a giant step forward by giving you superpowered ion output while depositing pollutants from your air on a 10" x 10" collector panel (see photo). This easy-to-clean panel features a scientifically-formulated surface that electrostatically attracts the vast majority of airborn pollutants to it rather than to the floor or walls near the ionizer. Other bipolar ionizers come equipped with porous collecting surfaces which are almost impossible to clean and leave a residue of odors and unsightly grime.

The effectiveness of your Collector can be clearly and easily demonstrated. First, unplug your Collector and place the ionizer unit and an ash tray on top of the panel. Place a lit cigarette in the ash tray and watch the smoke rise into the air. Now plug in The Collector and observe how the smoke nose-dives onto the collector panel before it can enter the room air. This disappearing act is accomplished entirely electronically with no moving parts. Our studies show that The Collector by Zestron is the only ionizer on the market that cleans the air powerfully enough to meet this test.

Some people prefer fewer ions at night. The Collector is the only adjustable bipolar ionizer that allows you to set the ion level to your personal preference.

Zestron ionizers have brought healthy, clean, fresh air to thousands of satisfied users who write, "I simply cannot believe how much better I feel (Dr. I.K,. DDS - MA); "I smoke heavily and it has cleared the air as advertised" (G.P. - MA); "I havent's taken the top off my nasal decongestant spray since using your product. I was previously a chronic user." (G.S. - SD). When you use your Collector, you'll quickly feel the difference it makes and smell the freshness in your air. You'll actually see the elimination of smoke and dust in your air.

The Collector, incorporating years of high reliability design experience, is built with quality parts in the heart of Silicon Valley, USA, to give you years of trouble-free service. It operates anywhere in your home or office for pennies a month and has nothing to wear-out or replace.

The Collector by Zestron has higher ion output than any other bipolar room ionizer on the Market. More ion output means faster and more thorough cleansing of the air. Zestron ionizers deliver high output without detectable ozone or oxides of nitrogen. Check the comparison chart below. Note that many of the other ionizers on the market do not come equipped with a collector or do not state ion output as measured in the industry standard of ions/cc/sec. at one meter.

ADVERTISED

Ionizer	Output (1 m.)	Collector
Zestron's Collector	1,200,000 (ions/cc/sec/)	Yes
JSA Bubble	not stated	Yes
Aspen	not stated	Yes
Orbit	not stated	Yes
AirCarell	236,000	Yes
Ion Foundation	540,000	No
Ion Cloud	350,000	No
Ionosphere	350,000	No
Modulian	75,000	No
Ion Breeze	not stated	No

A free remote ion detector comes with each Zestron Collector to verify and compare output. Other ionizers show relatively little or no output on the detector when compared with a Zestron.

Satisfaction is guaranteed. Order a Collector now and try it in your home or office risk-free for 30 days. If for any reason you are not satisfied, return the unit for a full refund. The Collector is covered by a full one-year warranty on both parts and labor, excluding abuse.

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To order with free shipping, send your check or money order for $119.95 for one or $104.95 each for 2 or more. (Calif. res. add 6.5% tax) on credit card users may call: Toll free **(800) 372-1200**; in California **(800) 392-1200** or **(406) 371-1200.**

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Distributorships available.

The real top secret is that we have the power.

– Daniel Ellsberg

What the mind can conceive and believe, the mind can achieve.

Most of the shadows of this life are caused by standing in one's own sunshine.

— Ralph Waldo Emerson

All things are possible for those who believe.

WOMEN'S ORGANIZATIONS & SERVICES

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Specialists in books for women: feminist theory, assertiveness, pregnancy, birth, childcare, family violence, incest, psychology, self-counselling, health, alternative healing, feminist spirituality, lesbian theory, lesbian fiction, international women's studies, fiction, drama, poetry and humour.

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Open Monday through Saturday 10-6, Friday nights to 9 p.m., Sunday 1-5 p.m. 2766 West 4th Ave., **VANCOUVER,** B.C. V6K 1R1. **733-3511.**

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THE "DON'T DIET" WEIGHT LOSS PROGRAMME:

Negative eating habits result from negative self-image and attitudes. You must diet from these and not food, to produce the body you want, and the ability to enjoy it.

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How many deprivation diets have you struggled through that "worked" for a month? Would you like to participate in one that has results that last no matter what you eat or do?

A 12-week program with a follow-up support group. **Begins Sept. 29.** Limited participation. Register soon. Sponsored by the **Centre for New Women.**

A teacher training programme is now available through the centre. For information regarding both programs contact **263-0564.**

VANCOUVER WOMEN'S BOOKSTORE

A feminist non-profit collective specializing in books by, for and about women, as well as non-sexist children's books, periodicals, records, posters and jewelry. Hours: Monday thru Saturday, 11 a.m. — 5:30 p.m. Mail orders. 322 West Hastings St., **VANCOUVER,** B.C. V6B 1K6. **684-0523.**

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LETTERS

Greetings,

Your excellent resource directory is precisely what I have been hoping for, for a long time.

Yours truly,
Michael Wilson
Whitehorse, Yukon

Dear Friends,

I am very glad to have discovered your excellent publication.

Thank you for this valuable service.

Cheers.

Nels Nelson
Blue River, B.C.

Dear People at *Common Ground*,

I was lucky enough to pick up a copy of your publication at the Courtenay Renaissance Fair. From it I have already found 3 workshops I will attend.

Your service and format are excellent; as are the variety and range of articles and services offered.

Keep up the great work!

Sincerely
Laurie Rankin
Parksville, B.C.

Common Ground,

Savings made by cutbacks by the government in many social services do not come close to off-setting the increase in Hydro's interest payments for the Revelstoke project.

Hydro up until about two years ago, had four directors, two of whom were Cabinet members. These directors ignored restraint and disregarded evidence of intervenors at the Revelstoke hearings and went about with Revelstoke as fast as possible. Next spring after generators are installed, Revelstoke will no longer be a "project under construction" and instead of interest charges being capitalized, they will be payable. Those for Revelstoke will be over $200,000,000 a year.

Construction went on all during the period of highest interest rates. These were so high that many companies slowed projects or deferred them. Hydro continued massive borrowing and so caused interest rates to remain high.

Even without Revelstoke, Hydro has a huge surplus from the Peace River, for which it only has limited access to the Los Angeles market, 2600 km away.

Last year Hydro's interest charges were about $500,000,000 with annual growth and the added interest for Revelstoke, interest charges will be about $750,000,000 a year. Hydros main export is money.

J. Black
North Vancouver

Dear People:

On behalf of Oxfam, I would like to express our gratitude to you for publishing Bruce Cockburn's supportive letter in your Summer '83 Issue #3. The letter prompted several donations, and a few donors mentioned that you had not included our address along with the letter. We would greatly appreciate the publication of our address with any future information that you may carry about us. Thank you.

Your sincerely,
Michael Cohan
Oxfam Vancouver

Editor's Note: Their address is 2524 Cypress St., Vancouver V6J 3N2, B.C.

Dear Alana,

When something as good as *Common Ground* makes an appearance, then all the hard work seems most worthwhile. The reason I know that a great deal of hard work went into it is because it looks simple to do: often the result of hard work does look simple and others say, "Oh, there's nothing to it."

Possibly if some are saying this, you'll know that you have done the right thing.

Much love and best wishes in the project.

Michael Blake Read,
The Evergreens
Blackstock, Ontario

For Your Information

Winter issue Forecast:

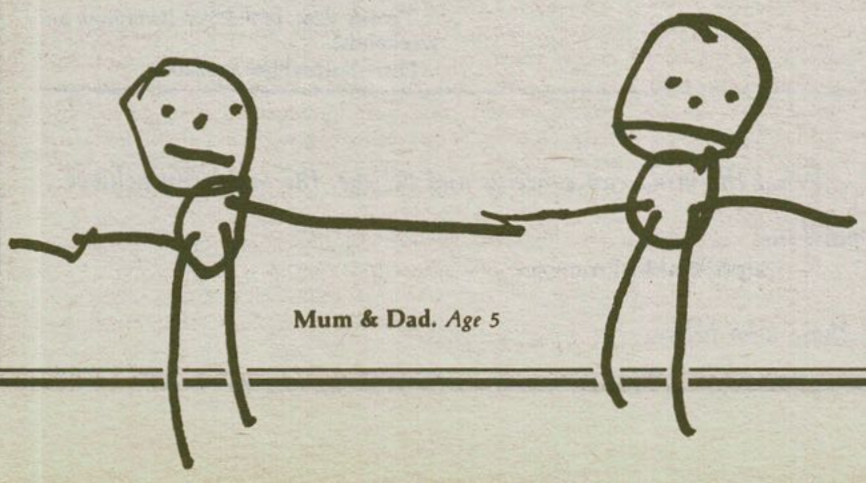
• Several people have suggested that we have a special classified section similar to that in newspapers — people seeking people, services, goods, etc. A good idea, we thought. So we will begin it with the Winter issue, given enough response, and call it **THE UNCLASSIFIEDS.**

The cost will be 50¢ a word, and listings will be arranged in no set order, and in smaller type-face.

Sample: Person wishing to start alternative school seeks other like-minded individuals wishing to do the same. Please call 000-0000, Vancouver.

• Since 1983 has been officially designated "The Year of Communication", we thought of it fitting to use Communication as our Winter issue theme.

Deadline for Winter issue is Nov. 10.



Mum & Dad. *Age 5*

Development Education

Learning Together

The problems of developing countries are in fact global problems requiring global solutions.

TIM STONE

"The challenge of international co-operation must enter our every day concerns . . . the Canadian people . . . must be persuaded that our efforts in development co-operation can be effective in accomplishing the goals which Canadians support — improving the lives of the poorest people. And they must have the opportunity to see and hear, to participate personally."

— Parliamentary Task Force on North-South Relations, 1980.

Canadians need to know more about international development in order to adapt individually to the rapid changes occurring in the world, and to decide collectively what kind of Canada will evolve and how it will relate to the world's poor.

Canadians are aware of international issues as never before. Since the late 1960's, the work of organizations in developing countries, a succession of high-profile summit conferences, increasing and more responsible press coverage, the Brandt Commission and the Parliamentary Task Force on North-South Relations have all had important roles in broadening the perspectives of the Canadian public.

However, magazine and newspaper articles, and agency fund-raising campaigns that feature only images of helpless, hungry Third World children have left the majority of the population ignorant of or indifferent to the overwhelming problems of development. Worse is the feeling of powerlessness that is reinforced by images of mass poverty, ineffective or controversial aid programs, and seemingly insoluble political problems in developing countries.

An education is needed that does more than inform. It must offer choices and encourage active involvement in development. Such an education has to define more clearly the problems of underdevelopment and help its audiences see the relevance of these problems to their own lives. It should also demonstrate that actions by groups or individuals do make a difference and can promote change.

The wide variety of activities undertaken over the last two decades with these criteria have been referred to collectively as 'development education.'

"People are unlikely to understand situations in the developing world unless they can relate them to conditions at home . . .An understanding of the causes of poverty in one's own nation or neighborhood, working with disadvantaged people or minority

Continued Page 38

Ashram School Encourages Service

Compassion and harmony are fostered as well as a deep reverence for humanity.

JUDY SHANNON

Kirpal Ashram School is a universal spiritual school that encourages the following: kinship with all life, a balance between a solid academic program and creative courses, an emphasis on cooperation and self-discipline instead of competition, and an ongoing commitment in selfless service to the community. Compassion and harmony are fostered as well as a deep reverence for humanity.

Just as there are many rivers that flow into the ocean, there are myriad paths that contain truth. All spiritual disciplines are respected, and the children begin their day with inspiring stories from great teachers such as Christ, Buddha, Thoreau, Saint Francis, Yogananda, Mother Theresa, Gandhi. . .Through sharing uplifting stories of these spiritual teachers the students are encouraged to awaken their higher selves.

This unique learning environment is amidst an inspiring setting of twenty-five beautiful and peaceful acres of lush woodland in the Panorama Ridge of Surrey. The uplifting atmosphere helps to add serenity to the school. Children become more receptive to learning when they become more in tune with nature. One learns to gaze with child-like eyes at the wonders of God's creation and is reminded of the holiness of life.

Much time and research has been spent on choosing some of the finest academic curricula, with the result that remarkable progress is often made. Traditional language arts programs put far too much emphasis on structural analysis and this often leads to boredom. However, the program we use has a thorough encompassment of word recognition and comprehension skills, as well as research and study skills. Equally important is the fine literature present in all the readers and abundance of innovative child-centered activities.

Creative courses such as special orf musical classes, French program, exciting art workshops , as well as drama sessions, all add a special magic.

In addition, one unique feature of the curriculum is the wonderful sessions the children have working several afternoons a month in a Personal Care Home. The experience has been a rich exchange with deep mutual benefits. The children are able to brighten up the lives of older people who previously had abandoned much interest in life. Through sharing activities such as cooking, art, drama and music, love begins to flame into the eyes of the lonely, old, and hopeless. It is an experience that is beyond description.

As a result of a growing need within the community, expansion of the school is now becoming a reality. Currently offering a balanced and innovative program for grades one through six, the school plans over the next few years to grow into a complete primary and secondary educational institution, satisfying the educational and devlopmental needs of children of all ages. Plans are currently being developed for a new, larger school building, projected to be operational by the fall of 1984.

"If education does not enable us to raise ourselves from the levels of our ordinary selves, our average minds to heights above our normal vision, it does not fulfill its very purpose".

-Kirpal Singh

The first class, with teacher Katie Jones, at the new Waldorf School on Quadra Island.

"Our highest endeavour must be to develop free human beings who are able of themselves to impart purpose and direction to their lives." Rudolf Steiner, who was the inspiration for the Waldorf education movement.

Whales plus Children Equal Survival

We should all be students of life and the environment which supports life.

MARILYN CHRYSTAL

With human rights very much in the news, I would like to offer my focus as an environmental educator; preservation and protection of our environment is not an end in itself; it is a means, albeit an enriching and rewarding one, of securing our own survival.

Obviously, we cannot enjoy any rights unless we survive on this planet. Nuclear war looms large on our horizon as a threat to that basic right. Today's children are aware of and worried by the possibility of nuclear war. I believe every child has a need to live free of that threat, so a nuclear-free world takes priority as both an environmental and a human rights concern.

Today we are blessed and cursed with a plethora of information about the world we live in not available to preceding generations. We should not "put old heads on young shoulders", but it is important to give children accurate information about their environment and let them know they have a right to be critical about activities which will affect their future.

They need to know that government and industrial leaders have made big

Continued Page 39

THE NATIONAL RESOURCE

This section appears in 15 resource publications nationwide. Total distribution: 582,000. Mail order satisfaction guaranteed. To advertise a product or service in this section, contact: The National Resource, P.O. Box 878, Fairfax, California 94930.

SCHOOLS & CENTERS

CERTIFICATION & DEGREES

John F. Kennedy University
Innovative academic/experiential context supporting personal and vocational transformation. Masters degrees: Clinical Holistic Health Education (specializations: Health Counseling, Nutrition Counseling, Movement Re-Education), Parapsychology, Transpersonal Counseling Psychology (qualifies for state licensing), Arts and Consciousness, Interdisciplinary Consciousness Studies. Accredited. Undergraduate majors. Contact: John F. Kennedy University, 12-NRN Altarinda Road, **Orinda, CA** 94563. 415/254-0105 (Bay Area).

Naropa Institute
Presenting contemplative approaches to therapeutic disciplines. M.A. and B.A. degrees offered in Buddhist and Western Psychology, B.A. and Certificate Programs in Dance Therapy and Health and Healing. Naropa Institute combines the discipline of meditation with intensive study to create an experiential education. Naropa Institute has candidacy for accreditation status with the North Central Association of Schools and Colleges. Financial aid is available to degree and certificate students. Write or call Naropa Institute, Dept. NR, 2130 Arapahoe Ave., **Boulder, CO** 80302. (303) 444-0202.

Twin Lakes College
State-approved professional training program in Holistic Healthcare: Massage Practitioner, Natural Health Educator, Massage Therapist/Natural Health Counselor. Beautiful oceanside location. TLC, Dept. NR, 200 7th Ave., **Santa Cruz, CA** 95062.

International Center for Release & Integration
Travel and Healing. Learn deep bodywork. Join network of practitioners, Europe, Canada, Latin America, U.S. Postural integration is deep tissue, breath, emotional work. Contact Jack Painter, Ph.D., 450 Hillside Ave., **Mill Valley, CA** 94941. (415) 383-4017.

National Holistic Institute
Transformational massage certification training in an 11-day accelerated learning format. Learn Swedish and Acupressure massage and "win-win" business skills for setting up a practice in your area. Advanced training for Holistic Health Practitioner/Educator. Approved by California Board of Education, Board of Nursing, and American Massage and Therapy Association. National Holistic Institute, 4283-NR Piedmont, **Oakland, CA** 94611, (415) 547-6442.

Heartwood College
Supportive community at Heartwood's mountain retreat offers unique environment for professional Holistic training. One-year Associate, Bachelors, Masters degrees and 11-week Certification programs include Massage, Counseling, Nutrition, Hypnotherapy, Herbology. Rolling admissions. Catalog $2. 220NR Harmony Lane, **Garberville, CA** 95440. (707) 923-2021.

Acupressure Training
Comprehensive 150-hour certified 4-week program. Fall, spring, and summer intensives. Free Catalog: Acupressure Workshop, 1533 Shattuck, **Berkeley, CA** 94709. (415) 845-1059.

The Amma Institute
8-week and 2-year training programs in traditional Japanese Massage, since 1977. 1865A Post St., **San Francisco, CA** 94115. (415) 921-2453.

California School of Herbal Studies
Special 6-month training program in herbology. Accepting applications for '84 program. CSHS, Box 350, **Guerneville, CA** 95446.

The New Age School of Massage
State approved program in Swedish/Esalen, Shiatsu, Reflexology, balancing career preparation and personal growth for competence and confidence. Informative newsletter and catalogue: NASM, P.O. Box 958, **Sebastopol, CA** 95472. 707/823-1212.

Ozark Life Center
Massage License: Accredited, licensed school offering correspondence course, or optional residential trainings, qualifying for massage license in all states. Brochures $1. Ozark Life Center, Route 4, Box 540, **Springdale, Ark.** 72764.

Sarasota School of Natural Healing Arts
Professional training in massage therapy and natural healing. Graduates eligible for state license. Next six-month session: March 6, 1984. Isabelle Dunkeson, director, 3230 South Gate Circle, **Sarasota, FL** 33579.

CENTERS

Hawaiian Health Hideaway
(Vegetarian). Brochure: Box 5688, Oceanpark, CA 90405. (213) 396-5164.

FALL EVENTS

EAST

Natural Living Expo
Washington, D.C.
10/30, Sunday, 10 am–6 pm. Armory Place, Silver Spring, MD. Admission, $2 to exhibits; $5 for exhibits, workshops, and Natural Living Ball, 7–11 pm.

WEST

Massage & Herbs: The Simple Arts of Healing
10/10–11/30. Herbal Studies: 80 hours with California School of Herbal Studies staff. Massage: 60 hours Swedish/Esalen massage at the New Age School of Massage. Contact: NASM, P.O. Box 958, **Sebastopol, CA** 95472. 707/823-1212.

NATIONWIDE

New World Festival
12/2–4. L.A. Convention Center and other cities. Theme—We Are One: Uniting Spirit and Technology. World link-up. Hold Festival; purchase booth; attend. Unity-in-Diversity Council, 626 Echo Park, Los Angeles, CA 90026. (213) 482-1246.

BOOKS & PERIODICALS

BY MAIL

The Evolutionary Journey
Barbara Marx Hubbard
This 1984 Vice-Presidential hopeful shares her dynamic vision for a positive future that works for everyone. $8.50. Evolutionary Press, 2418 Clement, San Francisco, 94121. Free brochure.

The Fatbook
Fathood is a complex state of being which requires exploration and understanding rather than a simple-minded focus on weight loss. *The Fatbook* is a self-directed workbook in a three-ring binder with cassette which guides your own personal exploration on behavioral, emotional and spiritual levels. It takes three to six months to complete. The end result is that you come to your own conclusions and set your own realistic, achievable goals. *The Fatbook*, $24.95 (plus shipping, $2.40, and CA tax, $1.50). Ananda Publications, 14618 Tyler Foote Road, Nevada City, CA 95959.

Massage & Bodywork Resource Guide
Shane Watson
New. For every person interested in massage, bodywork and holistic health. Over 1,100 listings provide information on schools, workshops and seminars; books, films, cassettes, "tools of the trade," and more. $14 postpaid. Orenda/Unity Press, 61 Camino Alto, Suite 100, Mill Valley, CA 94941.

"Is the Peaceful Atom a Good Investment?"
Just how well does nuclear power stack up against the alternatives? Twenty-five utility stocks are compared for performance. $3.50 postpaid. Order from: Good Money, Dept. RN, Box 363, Worcester, VT 05682.

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A technique that will cause menstruation to begin. $4. Jean Melcher, 15 Lakeside Ave., Redlands, CA 92373.

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Native American children's stories. Brochure: G.C.P., POB 586-NR, Nevada City, CA 95959.

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Dr. Howard Jan
Your best guidebook to total success. To achieve what you really want. Daily affirmation and motivation. Send SASE free brochure or mail $10.95 plus $1.50 shipping. Jan Press, 69 Lafayette, Piedmont, CA 94611.

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An exceptional bookstore-by-mail. We carry the complete works of Da Free John, plus books on Sufism, Hinduism, Buddhism, yoga, new physics, sexuality, Tai Chi, diet, health, healing and much more. We also carry hard-to-get books from India, plus an outstanding selection of New Age music. Free catalog. Write Dawn Horse Book Depot, Dept. NR, POB 3680, Clearlake, CA 95422.

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Homeopathic Medicine
Books, tapes, kits. S.A.S.E.; Homeopathic Educational Services, 2124R Kittredge, Berkeley, CA 94704.

Sexual Awareness
Conscious sexuality books for adults and children. SASE to Yes Press, PO Box 2086-N, Burlingame, CA 94010.

Stress
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Sufi Books & Recordings
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Sun Books
Free metaphysical book list. Box 4383-NR, Albuquerque, NM 87196-4383.

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The newsletter of Social Investing and Inventing. Make money on your investments without compromising your conscience. Reports on corporations, small businesses, co-ops and non-profit organizations that do well while doing good. Annual subscription: $108 for corporations, $36 for individuals/non-profit organizations, $12 for students/incomes less than $13,000. Send $3 for sample copy. Free information. Write: Good Money, Dept. RN, Box 363, Worcester, VT 05682.

T'ai Chi
Leading international T'ai Chi Ch'uan newsletter. Articles, columns, photos. Send for information, free book catalog. *T'ai Chi*, Dept. NR, POB 26156, Los Angeles, CA 90026.

CALENDARS

Astrological Calendar
1984, full-color. Forecast for each sign & U.S. $8.95 postpaid. VISA/MC. Charles Ditlefsen, 1001J Bridgeway #204, Sausalito, CA 94965.

Body Rhythms 1984 Calendar Workbook
Discover your Self through conscious, written self-observation of your unique daily patterns, health. A daily one to ten scale facilitates recording of rhythms such as diet, energy, emotions, or any pattern of personal importance. 9 × 12, color photographs, women by women. Healthy Christmas gifts. 3–4 weeks delivery. $8.50. Organizations: $7. 12 or more: $6.00. Pharo Enterprises, Box 4636-CG, Kailua-Kona, HI 96740. (808) 329-5128.

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British Columbia:
Society For Self-Awareness, Box 3603, Castlegar, B.C. V1N 3W3.

Ontario:
Toronto Dimensions, 214 Glengarry Ave., Toronto, Ontario M5M 1E4.

The People's Classifieds, Alternate Links Inc., 23 Westmore Drive, Suite 304, Rexdale, Ontario M9V 3Y6.

IN THE U.S.:

Arizona:
**Arizona Networking News*, P.O. Box 15103, Phoenix, AZ 85060.

Coyote, 1145 E. Sixth St., Tucson, AZ 85719.

Arkansas:
New Dimensions, P.O. Box 6240, Little Rock, AR 72216.

Ozarkia, 730 West Maple, Fayetteville, AR 72701.

California:
**Common Ground*, 9 Mono Ave., Suite B, Fairfax, CA 94930.(S.F. Bay Area)

Community Spirit, P.O. Box 4628, Carmel, CA 93921.

The Evolve Directory, P.O. Box 698, Seal Beach, CA 90740. (Orange Co./Long Beach)

Holistic Living News, P.O. Box 16346, San Diego, CA 92116.

The L.A. Light Directory, 4026 Beverly Blvd., Los Angeles, CA 90004.

The New Age Source: P.O. Box 1143, Canoga Park, CA. 91304.

New World, 20511 S. Blythe Ave., Riverdale, CA. 93656. (serving Central California)

New Times, P.O. Box 997, San Jose, CA 95108.

One World Journal, P.O. Box 192, Morro Bay, CA 93442.

Resources, 3660 Louisiana St., San Diego, CA 92104.

**Spectrum*, 503 Gertrude Ave., Aptos, CA. 95003.

Whole Life Times, Los Angeles, P.O. Box 3579, Santa Monica, CA 90403.

Threshold Journal, P.O. Box 162108, Sacramento, CA 95816.

Colorado:
**Nexus*, 1495 Canyon Blvd. #205C, Boulder, CO 80302.

Florida:
**Alternative Health*, P.O. Box 6337, Hollywood, FL 33021.

Hawaii:
Common Ground, 47-155 Okana Road, Kaneohe, HI 96744.

Illinois:
Aquarian Fellowship, 1328 W. Newport Ave., Chicago, IL 60657

**Heartland*, 7000 N. Glenwood, Chicago, IL 60626.

New Chicago, 2930 N. Lincoln, Chicago, IL 60657.

Indiana:
Earth Nation Sunrise, RR 3, Box 507, Nashville, IN 47448.

Iowa:
Common Vision, 804 8th Ave., Coralville, IO 52241.

Kansas:
Network, c/o Shawnee Mission, Unitarian Society, 7725 W. 87th St., Shawnee Mission, KS 66212.

Massachusetts:
Whole Life Times 18 Shepard St., Brighton, MA 02135.

Michigan:
Ann Arbor Planet, 1717 S. State St., Ann Arbor, MI 48104.

PhenomeNews, 2821 N. Woodward, Royal Oak, MI 48072.

Minnesota:
The Source/Vanilla Press, 2400 Colfax Ave. South, Minneapolis, MN 55405.

Missouri:
Common Ground, P.O. Box 13083, St. Louis, MO 63119.

Common Voice, P.O. Box 1852, Columbia, MO 65205.

Montana:
Common Ground, 470 Strand Ave., Missoula, MT 59801.

New Mexico:
The Southwest Source, 1410 Central Ave., S.W. - #40, Albuquerque, NM 87104.

The Southwest Source, 125 Cedar St., Sante Fe, NM 87501.

New York:
**Free Spirit*, 34 Prospect Place, Brooklyn, NY 11217. (N.Y.C. area)

Ohio:
**Greater Cincinnati Resource Directory*, 3514 Burch St., Cincinnati, OH 45208.

Oregon:
Connections, 1266 I St., Springfield, OR 97477.

Transformation Times, P.O. Box 12290, Portland, OR 97212.

Pennsylvania:
**Holistic Learning Quarterly*, 619 Wood St., Pittsburgh, PA 15221.

**New Frontier Resource Directory*, 129 N. 13th St., Philadelphia, PA 19107.

Tennessee:
Common Ground, 111 Racine St., Memphis, TN 38111.

The Spectrum, P.O. Box 120701, Nashville, TN 37212.

Texas:
**Horizons*, P.O. Box 570296, Houston, TX 77257 - 0296. (Houston/Dallas - Ft. Worth area)

New Texas, P.O. Box 12165, Austin, TX 78711.

Utah:
**Catalyst*, P.O. Box H, Farmington, UT 84025.

Washington, D.C.:
**D.C. Growth (Pathways)*, P.O. Box 4346, Falls Church, VA 22044.

Washington:
Natural Living Resources, 7201 5th Ave., NE, Seattle, WA 98115.

Sandpile Calendar, c/o Sally Stowell, 3664 Interlake Ave. N., Seattle, WA 98103.

Wisconsin:
**Attunement*, P.O. Box 2716, Madison, WI 53701.

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The Purpose of Education

Education is a process, not a product.

KEN WALTERS

Some time ago I gave a definition of a "well-educated person" to a group of teachers. Since then I have added a little to it, and it goes like this:

> The well-educated person had a sense of dignity, worth, and direction which comes by reason of the expression of his or her own real qualities. One of these qualities is the ability to think.

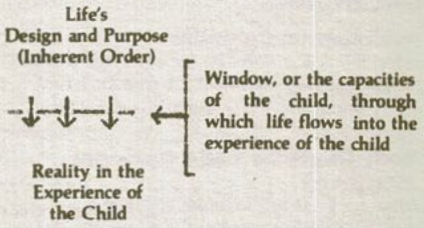
The educated person's mind is neither cluttered with unnecessary facts, nor is it encumbered with excessive knowledge. The mind is free and flexible and familiar with the process of thinking, and original thinking is part of daily experience. His or her thinking is an expression of life itself, and is not dependent on man's historical past.

The second primary quality of a well-educated person is the ability to use the full range of one's emotional capacity in an appropriate and constructive way, in both perceiving the world and giving expression to the design and purpose of life.

Thus the well educated person functions with purpose at all levels of expression within the design of life.

Actually, the derivation of the word education, "educo" — "I draw forth," implies a design, or at least that there is something present in a child to draw forth. I don't think there is a full range of knowledge sitting somewhere within the child waiting to be drawn forth. I think, rather, it is simply that the child is already associated with life.

It is through the child's capacity of mind and emotion that he or she is connected with life. This connection through mind and emotions may be viewed as a window through which the design of life flows into the child's world. A diagram may be useful to illustrate this simple principle:



Facilitating Education

Education is a process, not a product, and can only occur when certain elements are present. Primary among these elements is the proper atmosphere. An atmosphere must be present in which the child feels free to move from the known to the unknown, to step forward into uncharted realms of experience with a sense of "all is well".

This sense of well being is a product of the atmosphere which the teacher generates. It is the amniotic fluid in which the child feels safe and secure. Genuineness, care, integrity, empathetic understanding, and love are qualities of the teacher who creates this atmosphere.

When this is so, the child begins to feel free to express that same tone in the ways which life would have it expressed through him or her. With the presence of this environment, the first step in the learning process can be taken. The window between reality and experience begins to clear, and a magical world comes into view.

Ken Walters is a teacher-librarian and consultant with the Vancouver School Board. He participates with a group of people who are interested in considering and experiencing new perspectives in education. If you are interested, please call 733-2845.

Dare to Ask Questions

Our need for learning arises when we face the constant changes of life.

By MEL KAUSHANSKY

Public school education has as its mandate the regions of the known - that which can be quantified or delicately manipulated with general predicatability. It is not the habit of educators with so many known facts to teach, to dwell on philosophical, moral or suppositional ideas. Yet our experience tells us, that in fact these "don't knows" will focus most of our attention during our lives, i.e. "which job, relationship, goals, lifestyle will suit me?"

The process of becoming is the process of dealing with questions of the unknown. Jung, when faced with the unknowable had a distinctive attitude:

"I will try to understand it, but if I cannot, I will keep it always near me and hope that one day the meaning that is concealed in the mystery may be in some measure revealed."

The challenge (and opportunity for growth) arises due to the framing of questions educators ask. How broad can we afford to extend our questioning and above all, how aware are we ourselves, as people who are educators, of this life process, this mythic "Hero's Journey"?

The Indian philosopher Krishnamurti suggested that schools are run by the governments and the governments cannot afford to have human beings, period. It's the seemingly disparate view of the good citizen or the good person with schooling usually opting for the former.

If this assessment is correct and there is an operating education system not conducive to human potential and development, it would seem valuable for those educators whose lives are being stirred by unanswered questions and intuitions to network as a group. Such a network of like-minded individuals could act as a support for those undergoing personal transformation, road-maps are given for this journey.

When I think of the major changes in school systems, specifically in special education, the work of enlightened individuals rather than enlightened school boards is evident. Such individuals dared to ask questions even at the risk of not having answers. As Margaret Mead stated: *". . .never doubt that a small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever has."*

Mel Kaushansky is coordinator of the Association of Wholistic Education, P.O. Box 46198, Station G, Vancouver, V6R 4G5, B.C. Canada.

The Montessori Method

The teacher should serve as an enthusiastic guide.

ANN BLACKMORE

Dr. Maria Montessori believed education should be an aid to life, should be more than simply the acquisition of knowledge and should develop the whole child. She felt the goal of the educational process should not be to fill the child with facts but rather to cultivate his/her own natural desire to learn, and to help the child express his/her creative soul as early in life as possible.

She found that small children possess a deep-seated love of logic and order in the arrangement of things around them and will work best within a carefully prepared environment that gives order and logic to the impressions they receive.

The classroom environment that Montessori prepared was scaled to a child's size (she was the first to implement this now common place set-up) and it was geared to his/her inner needs. It allowed the child to experience the excitement of learning by his/her own choice and at his/her own speed.

Montessori felt that the teacher should serve as an enthusiastic guide in the child's progress from simple to complex, from rudimentary to refined tools and from outer to inner self-control, not as the source of all knowledge and discipline. She saw that, next to learning from his/her own experience, the child learns best from other children. Therefore, the children were grouped together in order to give the younger ones a graded series of models for imitation and the older ones an opportunity to reinforce their own knowledge by helping the younger ones. She believed that competition in education should be introduced only after the child has gained confidence in the use of the basic skills.

The children are encouraged to become self-motivated and creative at the same time learning to respect other people, the materials and general environment. The child becomes a social being.

Montessori's research indicated that children have fantastic powers of concentration if properly influenced, far exceeding that of most adults and very often children prefer stimulating work/play experiences. Dr. Montessori concluded that freedom is a goal, not a starting point and that educators have a responsibility to train children's characters to achieve self-discipline and self-direction.

Ideally, parents and teachers work together to create harmonious environments for the child, encouraging as much independence as his/her age level will allow there by develping the child's self-esteem and sense of worth.

If you would like to know more about Maria Montessori and her teaching please write to the *B.C. Montessori Association, 649 W. 28th Ave., Vancovuer. V5Z 2H4.*

Learning Together

From Page 35

groups, can lead to greater understanding of the problems of developing countries and a realization that these are in fact global problems requiring global solutions."

— Jeanne Vickers, *UNICEF Dev. Ed. Papers*, No. 17, 1981.

Development education links the common interests and concerns of communities in Canada and the Third World. The passive transfer of information is usually unproductive. Providing more than just details of misery and injustice, development education helps its Canadian audiences discover the relevance of Third World conditions to their own lives.

For a copy of the complete booklet A Whole New World, write: Canadian Council for International Cooperation, 321 Chapel, Ottawa, Ontario, K1N 7Z2

What is an Educator?

From Page 3

regard for the consequences. Therefore, a capacity for mutual support, cooperation and interdependence must also become a priority. Each of these themes implies the learning of a complex set of skills. Moreover, the relationship between the two requires a capacity to reflect, to analyze and to consider consequences of action, so that individual development proceeds in harmony with group needs and goals. The importance of this reflective process suggests the need for related understandings, attitudes and process skills on the part of both individuals and groups.

These three themes provide a challenge to modern educators which I believe cannot be ignored. They imply, however, a reconceptualization of the educator's role, from purveyor of knowledge and custodian of the young to facilitator of independence, interdependence and thoughtfulness. They require a relinquishing of control over learning and learning-to-learn, so that individuals can practise responsibility for their own development. They also require a restructuring of the learning environment to provide opportunities for group goal-setting, problem-solving and support. Finally, they require time for reflective thought, and guidance in developing awareness, analyzing relationships, predicting consequences, and planning for action.

Many of the instructional strategies are already known to us. For instance, in order to foster self-directed learning we can teach skills of knowledge acquisition, using modern technology such as computer networks. However, this requires a refocusing of energy away from the teaching of knowledge as content. Similarly, we can structure cooperative learning experiences in which students work toward a group goal. This may not be compatible with traditional emphases on individual achievement and competitive evaluation systems. I believe that many public educators are already implementing these strategies in their classrooms. Often their efforts are misunderstood, because our expectations of schooling have not changed. Others would like to try alternatives, but lack the skills or sense of support to take the risks involved in making a change.

Perhaps our future is too important to be left in the hands of the schools alone. Each of us can be an educator, in our own realm of living, working and being with others. We influence what others learn about life through our words, our actions, and the values we represent. We can help others grow in competence and confidence . . . or we can inhibit them. We can foster cooperation, mutual learning and support . . . or we can undermine them. We can model thoughtfulness and critical awareness . . . or we can proceed with our own courses of action, without regard for the consequences to others or to the environment.

What kind of educator will you be?

You and I . . .
we meet as strangers, each carrying a mystery within us. I cannot say who you are; I may never know you completely. But I trust that you are a person in your own right, possessed of a beauty and value that are Earth's richest treasures.

So I make this promise to you:
I will impose no identities upon you, but will invite you to become yourself without shame or fear.
I will hold open a space for you in the world and defend your right to fill it with an authentic vocation.
For as long as your search takes, you have my loyalty.

Theodore Roszak,
Person/Planet, 1979

Education Heading Toward 1984

From Page 3

what we teach, what programs are offered, and what size the class is going to be, but it is now also developing a program to tell us how to teach as well, the one area which in the past was left to professional autonomy.

The deputy minister, acting under his dictatorial powers, has eliminated the curriculum implementation branch, those ministry employees whose job it was to explain the provincial curriculum and assist teachers to adopt and adapt the curriculum. We understand that the people in the branch have been reassigned to develop programs which will tell teachers what classroom practices to use, based on the simplistic marketing models of education developed in the U.S., models which were condemned by the foremost educational researcher, John Goodlad, when he spoke in Vancouver last spring.

Again, the death of local decision-making was not part of the program the government put forward during the election campaign, nor was slashing 3,000 more teaching jobs, cutting programs, and increasing class size. The government did not run on a platform of taking control of how teaching is to take place in every classroom in the province. It has no mandate for these actions, either.

But the government can have that mandate to carry out all of these things, if we — and others who care, not just about education but also about social justice and human rights — allow it.

Silence is consent.

If we oppose what is happening, we must be loud and active in expressing that opposition, and we must express it in concert with the many others who care.

We must shout, "NO!"

We must fight not just for ourselves but also for the rights of our children and our neighbors.

Solidarity.

Learning Through Play

teacher-child ratio. It is much smaller than that of the elementary school classroom. This gives the teacher a better opportunity to detect any hearing, sight, language or emotional problems that a child may have. She/he can then act quickly to help reverse any difficulties before the child reaches school age. She/he can also become friends with the child's parents and share what knowledge s/he has with them.

Most important is that the teacher can instill in the children a sense of how to play co-operatively without competition. This helps the children become sensitive to other peoples' feelings, it teaches good communication skills as well as positive social skills.

When children live and create in an accepting atmosphere they learn to deal with future situations in a positive way.

Daycares have a wealth of ways to supply all of the experiences children need to develop healthy concepts. In many cases parents either do not have the money to purchase equipment or do not have the knowledge and time to broaden their children's ideas.

Between the love and knowledge you give as parents and the love and knowledge we give as teachers, we can feel comfortable that the future is in the hands of a caring youth.

Mum & dad. *Age 3 ½*

Whales plus Children

From Page 35

mistakes in conducting the affairs of this planet, that they will inherit our errors, and are justified in voicing their opinions and wishes now for a world they will shoulder responsibility for.

In the process of swallowing this fairly bitter pill (learning the realities of our environmental ills) they must at the same time be given a large dose of hope that we can change direction. Once children realize they have a right, a duty, to take personal responsibility for their environment, and demand a change in direction, they are taking responsibility for their own survival — a considerable step towards maturity.

Presenting this somewhat depressing scene in a way that gives hope can be tricky. Save the whale campaigners have always maintained that although whales are magnificent creatures worthy of protection in their own right, they also are symbolic of a greater issue — the need to curb our exploitive tendencies, to keep our oceans clean, and to respect all life on this planet.

My experience in schools is that whales are a bigger drawing card than dinosaurs. Children are fascinated by their size, beauty and their evolution from land into marine mammals. Quite simply, they love whales, want to save them, and are appalled to think they may disappear for someone's profit.

During question and answer periods they often want to know who they can write to, and whether the whales will survive if we stop killing them now. This can lead to discussion of disturbance of habitat from man's interference, the effects of oil exploration and possible spills, general pollution of the oceans and so on. Suddenly a step has been taken from a protective, emotional response on behalf of an animal in danger to a wider consideration of how we run this planet.

Somewhere during my presentation it is usually appropriate to remind my enthusiastic budding whale-savers that if we blow this planet off-kilter with nuclear weapons then our efforts to preserve whales will be in vain. Mental notes are taken, but spirits are not dampened; their love of whales and determination to help them has given them hope that we can effect the changes necessary to guarantee that whales survive.

We should all, children and adults alike, be students of life and the environment which supports life. It is encouraging to find so many teachers doing in-depth environmental projects with their classes. Schools aim to develop in children the basic skills they will need for the business and material world, and promote consideration and interaction with their fellow humans.

In striving for knowledge, and in our efforts to maintain human rights, we should remember that unless we foster a respect for all life, we stand to lose our most basic right — survival.

Marilyn Chrystal is the Education Director of the Greepeace Foundation in Vancouver and is available to give film and lecture presentations to your school or community group. Tel. 736-0321.

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